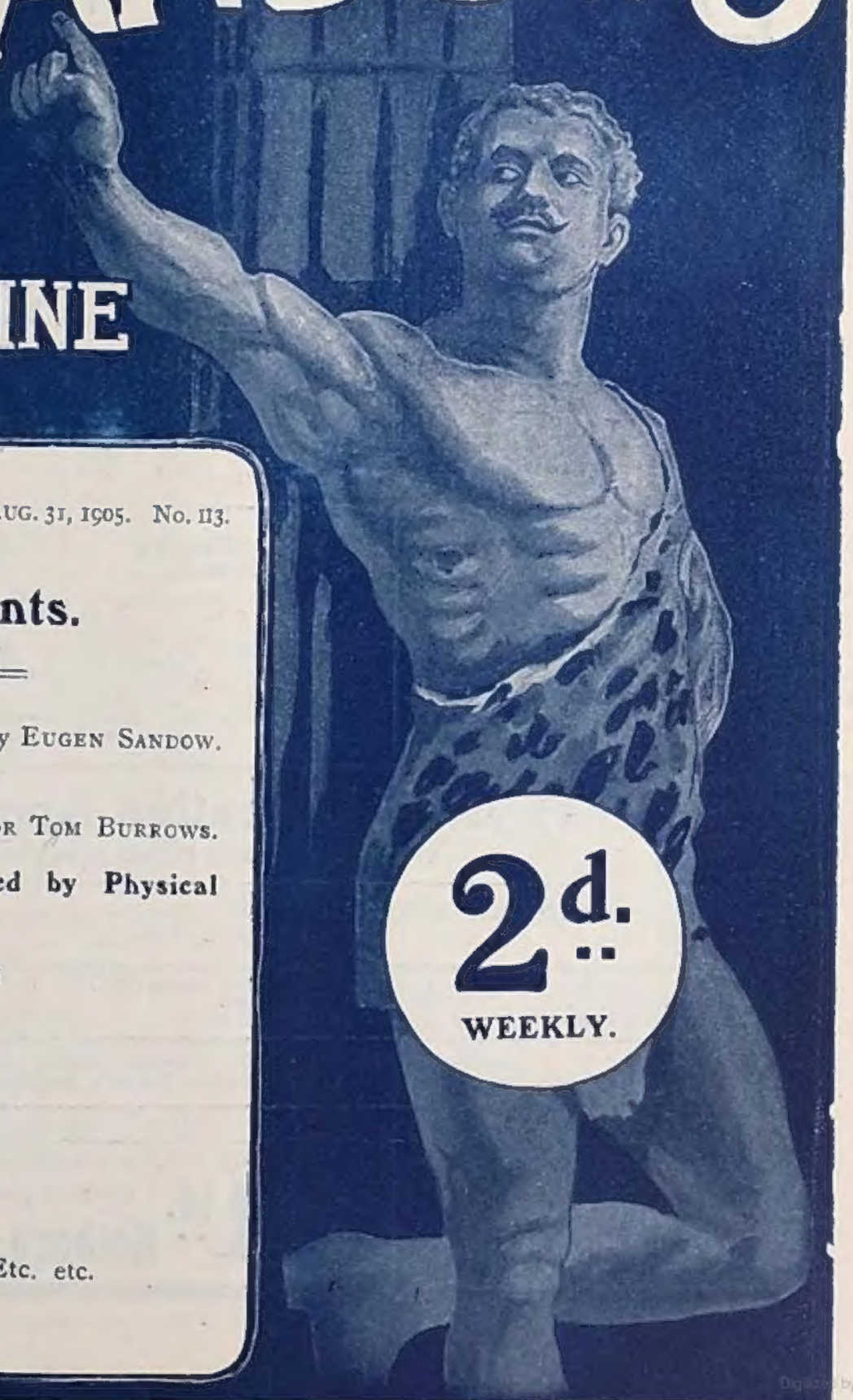
Cadbury's Cocoa

ABSOLUTELY PURE, therefore BEST.

"For strength, purity, and nourishment there is nothing superior."—
Medical Magazine.

SANDOW'S MAGAZINE



VOL. XV. (New Series). AUG. 31, 1905. No. 113.

Contents.

Physical Culture. By EUGEN SANDOW.

Club Swinging
By PROFESSOR TOM BURROWS.

How I have benefited by Physical Culture

Superstitions in Sport

The Channel Swim

Notes of the Week

Sporting Notes

Our Ladies' Page

Hints from Sandow

Etc. etc.

2d.
WEEKLY.

Digitized by Google

GAMAGE'S ..OF.. HOLBORN.

The World's Greatest Sports House

Everything of the Best at the Lowest Prices.

Cricket Bats.

Youths' Willow, Half Cane Handle, Size 4, *2/6*; Size 5, *2/11*; Size 6, *3/6*.

Youths' Willow, All Cane Handle, Size 4, *3/3*; Size 5, *4/3*; Size 6, *4/11*.

Men's All Cane Handles, *4/11, 7/6, 9/6*.

The A.W.G., Spring Handle *10/6*.

The Yorkshire Driver, selected, *14/6*.

Gamage's Patent Double Splice Bats, specially selected blades, *18/6*; Youths', *15/6*.

Stumps with Balls.

Polished Ash, 26in., *1/6*; 28in., *1/11*; Men's Size, *2/6*.

Polished Ash, with Brass Ferrules, 26in., *2/4*; 28in., *2/6*; Men's, *3/-*.

Polished Ash, Brass Tops, Steel Shoes, Youths', *4/6*; Men's, *4/11*; Best Quality, *6/9, 7/11*. Brass Shoes, *9/6*.

Belts.

Elastic Web, all colours, *6d.* and *10½d.*

Cricket Balls.

	Youths'.	Men's. 5½oz.
Seam Leather	*1/10*	*2/-*
Club 3-Seam Match	*3/1*	*3/6*
Referee 3-Seam Match Guaranteed	*4/-*	*4/6*
Australian Catgut Sewn, Guaranteed	*4/6*	*5/-*
Compo. Match	—	*2/-*
,, Eclipse	—	*1/9*
,, Practice ...	*6½d.*	*10d.*
,, Boys'	*4½d.*	—

Cricket Leg Guards.

	Youths'.	Men's.
Moleskin	*3/3*	*3/6*
Chamois Leather ...	*4/6*	*4/11*
White Buck	*5/6*	*5/11*
,, ...	*6/11*	*7/11*

Wicket-Keeping Gloves.

Chamois Leather, Cane Protected, Youths' *2/6*
Men's *2/9*
White Buck, Youths' *4/3*
,, Men's ... *4/6* and *5/6*
,, Rubber-faced *6/3* and *6 6*
Gold Cape, Men's ... *5/6* and *5 9*
,, Rubber-faced *6/3* and *6 11*
The "M.C.C." *8 11*

Batting Gloves.

White Leather (Tubular Rubber), *4/-* and *4/6*
Extra Qualities *4/11, 5/6, 6/11, 7/6*

Cricket Nets.

With Lines Top and Bottom, and Poles complete, for Youths' Clubs, *7/3, 8/3, 9/6*.
With Lines Top and Bottoms, Poles, with two Side Wings, complete, *15/6, 18/-, 20/-*.
County Council Regulation Nets, from *27/-*.

Cricket Shirts, Etc.

White Mat *2/6, 3/6*
,, Flannel *3/11 4/11 5/11*

Flannel Trousers.

GAMAGE'S SPECIALITY.
Splendid Value, White Flannel *4/11 5/11 7/11*
Plain Grey or Stripe ... *6/11 9/11*

Gent.'s Ready-Made Flannel Jackets.

Unlined, Plain Grey or Grey Stripes
Prices ... ... *5/11. 7/11, 9/11.*

Boys' and Youths' Ready-Made Flannel Suits

Unlined Jacket and Knickers.
Grey Flannel, Special Value... *10/6*
Send Size of Chest and Waist.

Physical Education Appliances.

Cheapest and Best House in the World.

THE NEW WRIST MACHINE. For strengthening muscles of arms, **1/4½** pair. Post, 3d.

BOXING GLOVES.	PORTABLE ROWING MACHINES.	FENCING GOODS.
GYMNASTIC SETS.	CHEST EXPANDERS.	PUNCHING BALLS.
HOME GYMNASIA.	CALISTHENIC WANDS.	INDIAN CLUBS.

Special Agents for all the Sandow Appliances.
Appointed Outfitters to all Sandow Schools and Institutes.

Every Accessory for Athletes in Stock. Special Attention given to Club Outfits. Estimates Post Free.

ORDERS OVER 10/- CARRIAGE PAID UNLESS OTHERWISE STATED.

A.W.GAMAGE, Ltd. Holborn, London, E.C.

GENERAL CATALOGUE POST FREE.

27 SEP 1905 LIBRARY

Digitized by Google

VICTORIOUS JAPAN.

JIU JITSU is the most wonderful system in the world of all-round physical culture and self-defence. It has made the Japanese, though small of stature the Greatest Athletes in the world, and made them the superiors of Western people in health, endurance, vitality, and cheerfulness of temperament. JIU-JITSU was for hundreds of years the closely-guarded secret of the powerful samurai, hereditary fighters of Japan. Strategy and skill are its basis. A mysterious art of self-defence by which the well-trained Jiu-Jitsian, man or woman, is able to meet and defeat at all points the fistic expert much larger and stronger than themselves. The weaker man, if skilled in JIU-JITSU, is able to vanquish his stronger, but unversed opponent. TAUGHT BY POST with perfect success. Mr. Kara Ashikaga, of Tokio, has arranged a correspondence course, which completely and successfully teaches this marvellous system by post. It develops health, strength, and endurance. It positively cures constipation, dyspepsia, indigestion, corpulency, loss of vitality, and improves the mental capacity. In order to show how marvellous this system is, we will send explanatory booklet, full particulars, and

ONE LESSON FREE,

which teaches one of the numerous Japanese methods of defeating a dangerous assailant,

THE ASHIKAGA SCHOOL OF JIU-JITSU, 10, Electric Buildings, Maryland Street, Liverpool.

THE ANGLO-JAPANESE INSTITUTE

TEACH

— JU-JITSU, —

The JAPANESE system of self-defence and physical development and other methods of **DEFENCE,** attack and development, personally and by post, at 3 Vernon Place, Bloomsbury Square, W.C.

Professor UYENISHI, instructor to the Army at Aldershot, is the Japanese teacher, and is assisted by English experts. Write at once for interesting booklet and free ticket to view practice to the Director.

BOON TO MEN

ALL MEN suffering from **Nervous and Physical Weaknesses, Lack of Vigour and Vitality,** including **Varicocele,** should send for my Treatise giving full details, causes, symptoms, and a most modern and successful method of cure. No Electricity or cumbersome Belts. Hundreds of Testimonials of complete cures in cases both of young and old men. **Consultations Free.** Sent sealed, post free, Two Stamps. J. A. MURRAY, 7 Southampton Row, London, W.C.

SPECIAL NOTICE.

The New Picture of Mr. Sandow, which appeared in our issue of Jan. 19th, depicting him in a new pose, will no doubt appeal to many of our readers. A limited number only have been printed on fine art paper, suitable for framing, and may now be obtained upon application to the Manager, "Sandow's Magazine," 131 Temple Chambers, London, E.C., price 6d. each (post free).

SANDOW'S LATEST.

BODY BUILDING.

ONE SHILLING.

Post Free, 1/3.

Address: SANDOW'S MAGAZINE Co., 131 Temple Chambers, Temple Avenue, London, E.C.

QUICK LUNCHEONS.

Plasmon Luncheon Packet,

Invaluable for Motorists, Cyclists, night work, long journeys, etc. Extremely sustaining and satisfying. A sufficient meal for three or four hours.

In boxes at 6d. each.

PLASMON, Duke Street, Grosvenor Square, W.

Digitized by Google

SALE AND EXCHANGE.

NOTICES AND RULES.

CHARGE—1d. a word. No sum less than 1s. is accepted, payable with order.
LETTERS can be addressed to the Office, 131 Temple Chambers, Temple Avenue, E.C.
The Manager reserves to himself the right to open and retain any letters sent to be forwarded.
The Insertion of any advertisement cannot be guaranteed.
Private number at our office published free.
The Advertiser's full name and address must accompany the advertisement, even if it is not to be published.

Pair Morocco Leather Sandals (new) 10/6, cost 18/6, also imitation Leopard Skin Robe 10/6, cost 21/-.—Address 43 Chatham Street, Battersea, London, S.W.

Send a Picture Postcard of your district, with your name and address written on; in exchange I will send you copies of my new and interesting lists. Address H. O. Smith, High Street, Bruton, Somerset.

Weights for sale, cheap, stamp for list. Pitcher, Culture School, Merthyr, Wales.

FOR SALE.—"Sandow's Magazines," Vols. I. to XI. (seven Bound), good condition; also Sandow's Physical Training. Gilbert, 95 Whitchurch Terrace, Cardiff.

To make New Brown Boots Rich Dark, Nut Brown colour, send 7d. and addressed envelope. —H., 3 Faraday Mansions, W.

"Sandow's Magazine," Vol. II. and V. Wanted. State price. Box 36, "Sandow's Magazine."

PATENTS.—Advice given as to taking out patents. Apply Veritas, "Sandow's Magazine."

"Sandow's Magazine," Vols. I. to XIII. for sale, unbound. What offers? Box 72, "Sandow's Magazine."

FOR SALE.—"Sandow's Magazine," complete from commencement to present issue unbound —offers. Box 40, "Sandow's Magazine."

Sandow's Charts for sale, and Vols. I. to VI. Write "Invalid," "Sandow's Magazine."

ADVERTISERS.—If you have a good article for sale and want to place it on the market write to "Assurance," "Sandow's Magazine," 131 Temple Chambers, E.C.

WANTED.—Copy Sandow's Physical Culture, published 12/6. Harrison, 18 Chesilton Road, Fulham, S.W.

FREE BOOK, "Health at Home," illustrated, interesting and instructive, sent with terms for course of postal tuition on receipt of post card. T. Inch, Physical Culture Expert, Dept. E., Broadway, Fulham, London.

30/- **EASY TERMS**

Masters' "Veracity" Lever.

Made in 3 sizes, Large, Medium and Lady's size.

SEND **2/6** With Order.

With a MASTERS' "VERACITY" WATCH you have "Perfection" in TIMEKEEPING, not one day gaining or another day losing time or stopping, but 20 years' true timekeeping to one minute each month. Lever movement, jewelled, compensation balance, Dust-proof Cap, bold dial, SOLID SILVER CASES, gold hands, and we offer you to-day the most perfect Watch sold in this country for 30s. (with 3 Bonus Gifts for cash), or on easy extended payments. Send 2s. 6d. and either Gent.'s or Lady's size (Silver Keyless or Key-wind) 30s. "VERACITY" WATCH will be sent you, pay a further sum on receipt, and balance 2s. 6d. per month until 30s. is paid, and you have the Watch to wear while paying for it. 7 years' warranty. Watch Booklet free. Send 2s. 6d. to

Masters, Ltd., 367 Hope Stores, Rye, Eng'd.

Digitized by Google

Do you suffer from **ANÆMIA ?** Then take **Nervigorine**

Do you suffer from **BACKACHE ?** Then take **Nervigorine**

Do you suffer from **BRAIN-FAG ?** Then take **Nervigorine**

Do you suffer from **DEBILITY ?** Then take **Nervigorine**

Do you suffer from **DECLINE ?** Then take **Nervigorine**

Do you suffer from **DEPRESSION ?** Then take **Nervigorine**

Do you suffer from **DYSPEPSIA ?** Then take **Nervigorine**

Do you suffer from **INDIGESTION ?** Then take **Nervigorine**

Do you suffer from **LASSITUDE ?** Then take **Nervigorine**

Do you suffer from **MELANCHOLIA ?** Then take **Nervigorine**

Do you suffer from **NERVOUSNESS ?** Then take **Nervigorine**

Do you suffer from **PALPITATION ?** Then take **Nervigorine**

Do you suffer from **SLEEPLESSNESS ?** Then take **Nervigorine**

NO OTHER ARTICLE CAN SO RAPIDLY RESTORE
A SHATTERED CONSTITUTION.

Its Action is Immediate.

In Bottles, 2/9, or by post, 3/-.

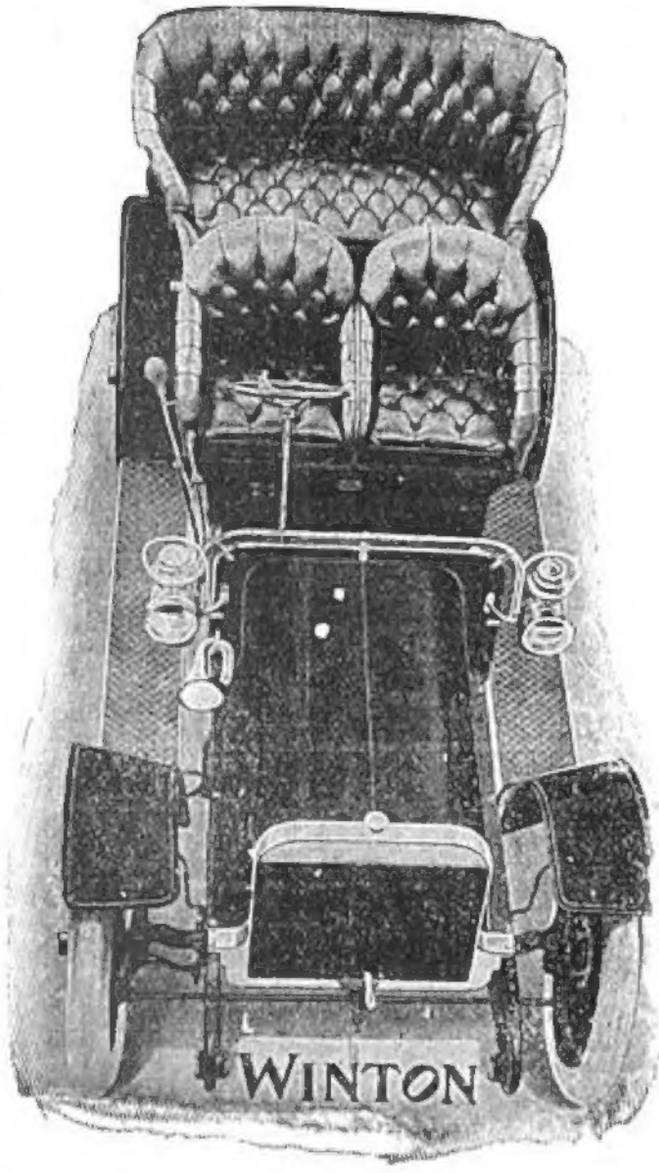
To be obtained from all Chemists, or from the Proprietors—

"The Nervigorine Syndicate," 261 & 262 Temple Chambers, Temple Avenue, London, E.C.

Digitized by Google

The WINTON is a CARRIAGE.

It's as Good as it Looks and is Guaranteed for 12 Months.



16-20 H.P.,
£400.

24-30 H.P.,
£540.

40-50 H.P.,
£740.

SIDE ENTRANCE
4-CYLINDER
VERTICAL
ENGINE . . .

The Winton Motor Carriage Co.

48p, Holborn Viaduct, E.C.

DEPARTMENTS.

Telegrams: "WINTONIANS, LONDON." Telephone 245, Holborn.

Digitized by Google

Contents.

PHYSICAL CULTURE.—THE ESSENCE OF EXERCISE. By EUGEN SANDOW 225
THE GRASMERE SPORTS 228
HINTS ON CLUB SWINGING III. (Illustrated). By TOM BURROWS. Edited by F. NEVILLE PIGGOTT 229
THE CHANNEL SWIM.—WEBB'S GREAT FEAT 232
SUPERSTITIONS IN SPORT 238
HOW I HAVE BENEFITED FROM PHYSICAL CULTURE. BY R. NISBET 241
SAFEGUARDING HEALTH IN OUR LARGE TOWNS. BY H. H. SMITH ... 242
SPORTING NOTES 244
OUR LADIES' PAGES... 247
HINTS FROM SANDOW 249
PRESIDENT ROOSEVELT ON SPORT 250
SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION 251

EDITOR'S AND PUBLISHER'S NOTES.

NOTICE TO CONTRIBUTORS.—*The Editor will at all times be glad to consider articles, stories and sketches addressed to him at 131 Temple Chambers, Temple Avenue, E.C., but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable. When Photos are to be returned contributors should state so clearly on the back of each.*

Fresh copy for Advertisements must be sent in one week in advance, or the advertisement will be printed as in the previous week.

Subscription price to any part of the world, post free, for one year, 10s. 6d. Cases for binding any volume of SANDOW'S MAGAZINE *may be obtained to order from Booksellers for 1s. 6d., or post free for 1s. 9d., direct from the Office.*

How to deal with Hooligans and Street Roughs.

KATA

OR

JAPANESE SELF-DEFENCE.

Taught PERSONALLY and by POST.

No Fancy Fee.
A Manly Exercise.
A Valuable Accomplishment.
Easily Learnt.

Send postcard for full particulars to "KATA," 528 WEST GREEN RD., London, N.

Mention "Sandow."

DELICIOUS **COFFEE.**

RED WHITE & BLUE

For Breakfast & after Dinner.

Digitized by Google

READ MY

CONFESSION

WRITE TO-DAY. IT COSTS NOTHING. CURE IS CERTAIN.

Twenty years' research has brought to light a SURE CURE, and I will send the Prescription which cured me, after many years of suffering, from NERVOUS DISORDERS. This Prescription is, from my own experience, an infallible guaranteed cure for Lost Manhood, Youthful Imprudence, Varicocele, Despondency, Premature Decay, Exhausted Vitality, Weakness, LOSS OF ENERGY, Dimness of Sight, Brain Fag, NERVOUSNESS, Blotches on the Skin, Loss of Memory, Melancholy, Noises in the Ears, Kidney and Liver Complaints, and all Diseases of the Urinary Organs, and I confidently recommend it to all who so suffer. If you will write for a copy of my most Valuable Treatise on NERVOUS DEBILITY, and the various diseases and weaknesses peculiar to man, I will gladly send you

Free Sample.

MANY THOUSANDS of men to-day are sadly in need of the right kind of medical treatment. Many cases are due to early vices, others from excesses; while many of the cases are due to overwork, worry and general nervous debility. It matters not, however, what the cause may have been, the fact still remains that they all require proper medical attention immediately. My work shows how to stop all drains and losses, and the means by which the sufferer may be restored to PERFECT MANHOOD. Send stamped addressed envelope to REV. THOMAS STONE, THE LIMES, KEMP TOWN, BRIGHTON, ENGLAND. Name this paper.

Sandow's ——Pose,

No. 29 can be had separately, printed on Fine Art Paper suitable for framing.

PRICE 3½d. Post Free.

Apply—

MANAGER, 131 Temple Chambers, E.C.

ORDER FORM.

Date.....

To the Manager, "SANDOW'S WEEKLY MAGAZINE,"
131 Temple Chambers, Temple Avenue, London, E.C.

Please send **"SANDOW'S WEEKLY MAGAZINE"** *for* $\frac{\textit{one year,}}{\textit{six months,}}$ *beginning with the July number, for which I enclose* $\frac{\textit{10s. 6d.}}{\textit{5s. 6d.}}$

Name.....

Address.....

.....

Cheques and Postal Orders made payable to Manager, and crossed London and County Bank.

Digitized by Google

Vol. XV. (New Series). AUGUST 31ST, 1905. No. 113.

Physical Culture.—The Essence of Exercise.

By EUGEN SANDOW.

IN a way, nothing more interesting on the great subject of physical culture has come to my notice of late than an article under the above heading from the pen of Mr. Macdonald Smith, who was a member of the recent International Commission on Physical Education, and I would commend the following extracts to my readers:—

"General notions about exercise are still coarse, and we use no better logic than the following:—The strong man has big muscles, the weak man has small ones: make the latter 'exercise' and increase his muscles and *voilà tout! Voilà* much obtuseness, surely. It is true that men of exceptional natural strength possess very large muscles, but the converse proposition is a fallacy; it is wrong to suppose that every man with very large muscles possesses great natural strength. Exponents of numerous conflicting systems accept the proposition that physical education means development of strength and, *ipso facto,* the development of strength by apparatus. *Dumb-bells, which were very heavy not many years ago, have been gradually made lighter*

Digitized by Google

and lighter. The introduction of a 'workless' system is not easy, because people always seem to 'want something to strain at.' Nevertheless, if your muscles are small, to work with them is a long, roundabout, inadequate means of nourishing them; you are wheeling a small handbag in a barrow—better carry it in your hand; only, as people imagine the handbag is part of the barrow, they have not learned how to deal with it separately. Don't say, 'My muscles are better because I work them,' but 'My muscles are better because I nourish them by giving them fresh blood to feed on regularly.' Just think a moment; any movement done, or weight lifted, involves two things in the muscle—

"First, greater or less change of blood.

"Second, a greater or less production of poison (fatigue products).

"The most profitable movement is that which ensures the maximum change of blood with the minimum of 'poison-making' work; the worst, that which involves most work and least change of blood (as, *e.g.*, in the strain which produces writers' cramp).

"This proposition is not as clear as it might be, *unless the supreme value of 'full contraction' is appreciated,* but when it is, all becomes as plain as the proverbial pikestaff. It is readily possible to get all the benefits of nutrition, with (practically) none of the drawbacks of fatigue, and when exercise is undertaken for health and on these lines, it will be abundantly successful.

"Full contraction of a muscle, the principle upon which the 'workless' system of exercise is based, is the greatest possible shortening of which a muscle is susceptible within the body. If a twelve-inch muscle be contracted to the full—say, to seven inches, fresh blood, necessary to its nutrition, is caused to flow through all its smallest vessels; but this is not the case at all if the muscle is contracted only to eight inches. *The contraction must be the fullest possible, whatever the shape of the muscle.*

"You may contract a muscle till it is hard in many positions, and yet not obtain its full contraction. Bend your elbow fully with the palm of the hand turned full to the shoulder, and you have a full contraction of the biceps. Bend it fully with the hand turned round, so that the back of it is nearest the shoulder, and you have a full contraction of the Brachialis Antichus; the biceps is out of gear. Bend the elbow again fully, but with the thumb directed to the shoulder, and however hard you contract the muscles, you do not shorten either to the utmost, and the advantages of such a movement, even if frequently repeated, will be comparatively insignificant. *When the full-contraction movement for any muscle is found, and the movement performed eight to twelve times every day, the muscle rapidly gains in strength and size. This kind of development approximates the body to classic proportions.*

"No system which fails to increase mental as well as bodily energy can be of the highest service, and the sooner teachers of physical culture realise this great truth the better it will be for us.

"It must be distinctly understood that full contraction does not supersede all work, which serves many other purposes besides that of increasing the size of muscle. It only takes the place of work

Digitized by Google

done for health's sake. It might be thought that as this form of exercise is able to impart all the benefits of nutrition without any of the drawbacks of work, it could claim no more, but it has two other most striking collateral advantages. Firstly, the muscles get to be so thoroughly under control that difficult and complex movements can be learned with next to no practice."

These are the most salient points of Mr. Smith's argument — points with which I concur. And why? I will tell you. Simply because he is but reiterating the arguments laid down by me years ago, and merely insisting on what are the fundamental principles of my whole system. Does not this go to show that those who venture to criticise indiscriminately should first make a point of investigating the principles of physical culture and its aims as expounded by me for the past seven years through my magazine, and even longer in my teaching at the schools, etc.?

Take, for instance, the subject of full contraction. Mr. Smith points out how necessary for the complete success of exercise it is that its supreme value should be appreciated. I have long advocated the necessity of contraction and double contraction. In June, 1900, referring to the advantages of double contraction for advanced pupils of physical culture, I wrote: "First of all it secures one important point in preventing the possibility of any swing or jerk in the movement. Swing and jerk will never give you development or results of any kind. Secondly, it enables the movement to be carried still further, the contraction of a muscle to be made more complete; for, however far you may carry a movement in the first stage of a double contraction, you can always carry it still further in the second stage. The third argument for it is a more scientific one, and is the most important of the three. I shall not explain it here, but merely say that it is akin to the argument in favour of using will-power in the contraction of muscle. It is the brain that makes muscle. If you want results you must exercise with the brains." Does not this argument, expounded five years ago, set out the very views which Mr. Smith is asking us to realise to-day?

I, too, am able to take upon myself the credit for having brought about a revolution in the matter of dumb-bells, as it was the introduction of my Spring-grip Bell that proved the fallacy of the use of heavy bells for the production of systematic development.

Truly, Mr. Smith's arguments are somewhat belated, but for all that they are to be commended, and it comes as a pleasure to me to find a member of that important Government Commission expounding my theories, which have been in practice for so long and with such unalloyed success. At the same time, it goes to show, I think, how necessary it is that those whose duty it is to look for the best means of improving the national physique, should first ascertain the existing means of so doing.

*** The italics are mine.—E. S.

The Grasmere Sports.

IN the Hall Field at Grasmere—a green oasis set in the midst of rugged fells—10,000 persons gathered on August 17 to see the dalesmen of Cumberland and Westmoreland try their strength in the famous sports.

Wrestling went on in the rings all day, but for the ordinary spectator the interest centred in the guides' race and the hound trail.

The competitors in the former are not necessarily guides, but it is no light task to climb a lofty and rocky crag, full of pitfalls and dangers, to a height of a thousand feet, and then come bounding down, leaping from rock to rock, struggling through deep bracken, beneath which are treacherous stones, in as many minutes as it would take the majority of those who witnessed it hours. The course was from the sports field to the summit of Butter Crag, a very steep eminence.

Fifteen entered, including J. C. Murray, of Falstone, an unassuming, wiry, quiet Scotsman, who had been successful thrice in succession in this event. He toed the line in front of the pavilion looking fit enough to run for a life, but there was a surprise for the spectators.

Though Murray climbed to the summit of Butter Crag first, and was first round the flag, he was hotly pursued by E. Dalzell, of Keswick, and C. Mossop, of Borrowdale. Dalzell passed Murray on the level ground, and won by 200 yards in 16 mins. 48 secs.

A pretty hound trail was witnessed along the breast of the fells overlooking the sports field for a distance of nearly eight miles, and this was won by Mr. S. Walker's Cracker Grasmere in 35 mins. 47 secs. Mr. J. Kitchen's Mountain Waberthwaite was second, and Mr. Bowes' Gambler Ambleside third.

The wrestling interested the visitors from 10.30 to 6, and provided some good tussles, in which considerable ability was shown by the majority of the competitors. The heavy-weight championship was won by Joe Bowman (Penrith), a 16-st. athlete of great strength. J. Wallace, of Great Broughton, once more won the light-weight championship; J. Hutchinson, of Helsington, the local light-weights; M. Steadman, the son of the late champion, the picked heavy-weights; and E. Blackburn, of Little Clifton, the light-weights. In the minor events, R. D. Dickinson, formerly champion pole leaper of the world, essayed to clear 11 ft., but just failed. He, however, tied for the first prize.

Proposed Gymnasium for Battersea.

The Battersea Borough Council proposes to erect a gymnasium, museum, and baths in Plough-road, Battersea, at a cost of £8,500, exclusive of site. A Local Government Board inspector held an inquiry last month, at which the scheme was opposed by several ratepayers on the ground of the excessive indebtedness of the borough, and further because there are already public baths in the borough on which there has been a considerable loss. The borough debt is about three-quarters of a million sterling, and the rates amount to 8s. 4d. in the pound.

Hints on Club Swinging.

By TOM BURROWS

(Champion of the World).

Edited by F. NEVILLE PIGGOTT.

Cinematograph photographs specially for this series by R. W. Paul, 68 High Holborn, W.C.

III.

IN plate No. V. we have a demonstration of three-club swinging, which at first glance may appear rather difficult. This and other movements, showing work with three or four clubs, are not intended for the beginner, who must master the intricacies of combinations, glides, and rolls with two clubs before he attempts to get a step further. In the meantime, however, he will find it quite possible to perform the various movements shown with the clubs.

To return to the plate under discussion, which I call an outward front combination, you take two clubs in the right and one in the left. Assume position No. 1 in the series, and follow the outward roll until the position shown in No. 4 is assumed, after which you continue with an outward circle combination alternately.

Plate VI. gives you a neat and effective front cross roll, which, as I have said before, can be equally well done with two clubs. One very essential feature in the successful accomplishment of rolls is that they should be made as close to the arm as possible, and they will be found much more effective than what is known as the "snake" movement. In the roll shown, the plate shows clearly the positions necessary for the successful accomplishment of the movement, the clubs in the right hand being carried over the left arm, whilst the club in the latter is brought upwards and over the right arm.

Plate No. VII. describes another bunch over-arm roll from a parallel combination. Three clubs are utilised in the photograph, but, in all the movements I shall describe, the two clubs only may be used, the extra clubs being included for the purpose of giving effect in the case of an exhibition of club swinging. Presuming you are using the three clubs, it is necessary to swing the topmost club in the right hand first, following with the second club held by the right hand, and then that in the left hand, so that all three clubs roll over the left arm.

These rolls are very difficult until you have succeeded in getting your wrists quite supple, and this can only be done

PLATE No. IX.

Photo. *R. W. Paul*

OUTWARD FRONT COMBINATION WITH FOUR CLUBS.

PLATE No. X.

Photo. *R. W. Paul*

FRONT WINDMILL SWING WITH FOUR CLUBS.

by continual practice. Then you will find the movements can be made quite freely.

In every case endeavour to make your movements neatly rather than quickly, and always avoid knocking the clubs together, which, to say the least of it, is very slovenly work.

To be continued.

PLATE No. XI.

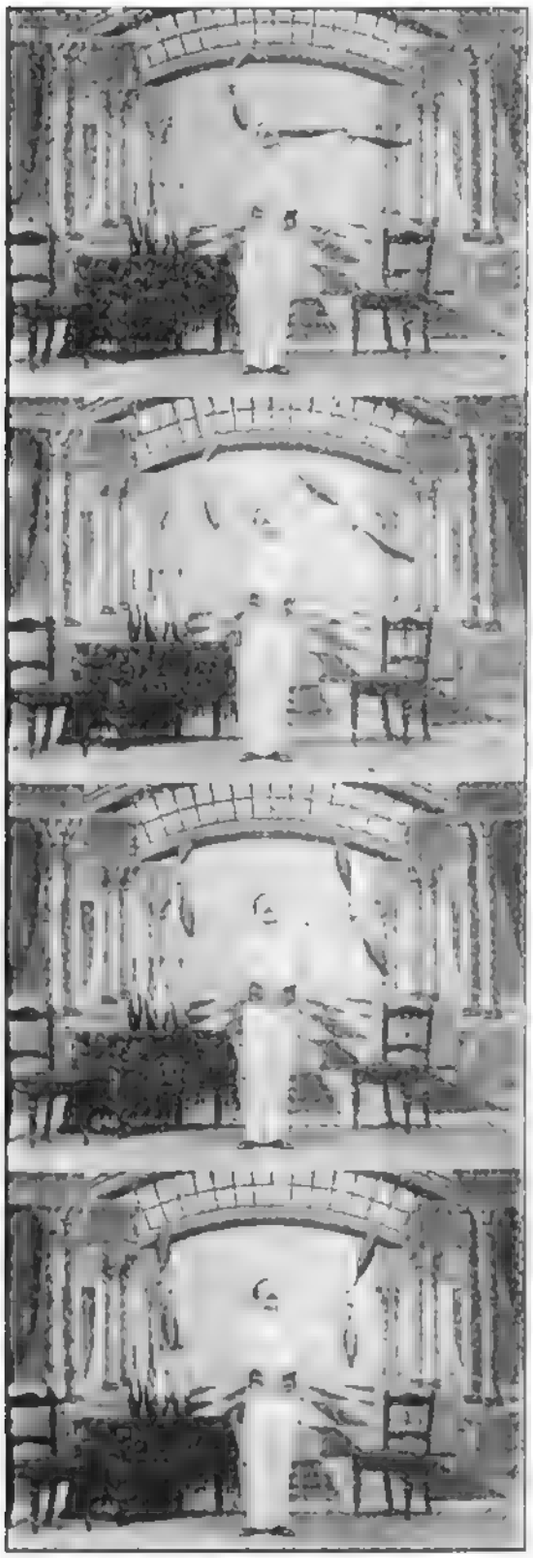


Photo. *R. W. Paul.*

STRAIGHT COMBINATION WITH FOUR CLUBS.

PLATE No. XII.

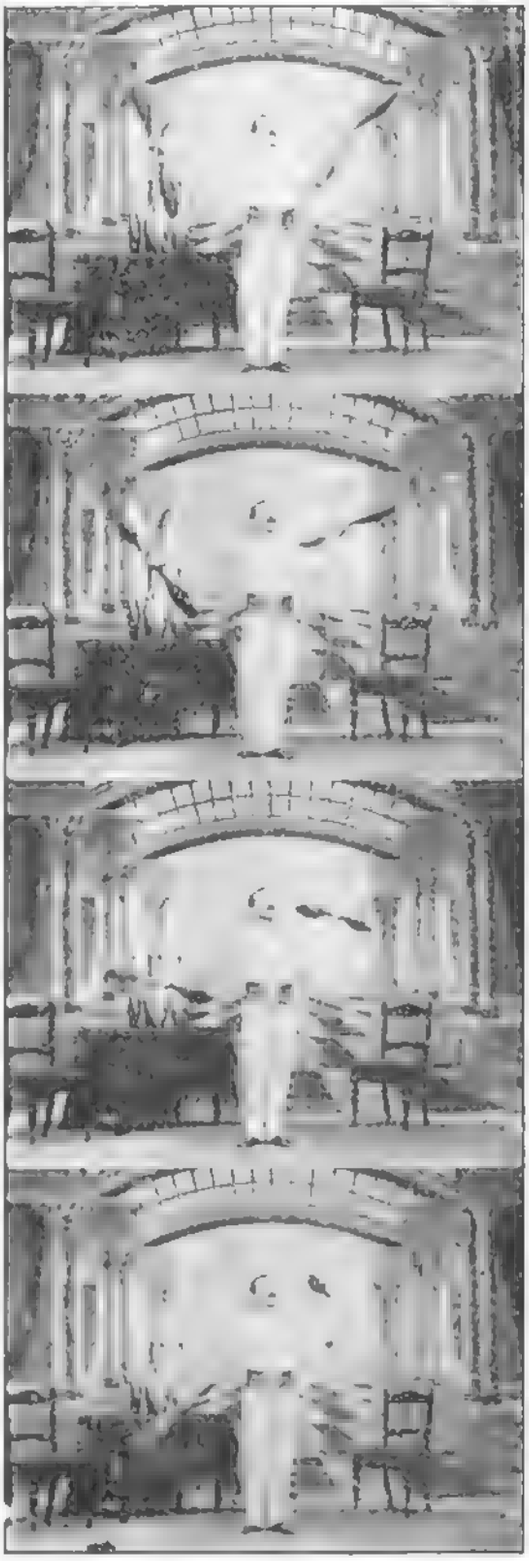


Photo. *R. W. Paul.*

EXTENDED OUTWARD COMBINATION WITH FOUR CLUBS.

It is Mr. Burrows' intention, providing sufficient promises are forthcoming from subscribers, to publish the series of articles in book form at the popular price of 6d., and he would be pleased to receive the names and addresses of would-be subscribers as early as possible. They may be sent to the offices of the Magazine, 131, Temple Chambers, E.C.

THE CHANNEL SWIM.

WEBB'S GREAT FEAT.

* * *

[At the present time, when so much interest is being taken in the various attempts to swim the English Channel, the following account of Webb's great performance, written by Mr. J. B. Jones, for the "Dover Express," of thirty years ago, is well worth reading.]

(Reprinted from the *Dover Express*, August 27th, 1875.

Captain Matthew Webb has accomplished his great feat of swimming from England to France, having touched ground at Calais sands at 10.41 a.m., after a swim of twenty-one hours and three-quarters, during which it is computed that he travelled at the least fifty miles. The start from the Admiralty Pier at Dover took place at four minutes before one o'clock on Tuesday, he having previously been well anointed with porpoise oil, a precaution necessary to exclude the cold and keep up the tone of the body during so long an immersion in the water. The circumstances attending his start were all favourable, the wind was exceedingly light, the sea smooth, and the sky slightly overcast, so that the swimmer was not exposed to trying heat. Having dived from a step at the end of the pier, Capt. Webb, amidst loud and repeated cheers, started, making apparently a direct course to Cape Grisnez, where he hoped to land. But although a straight line is the shortest way between two points, circumstances will not admit of such a course being followed in swimming across the Channel. Even with the weakest of neap tides a swimmer has very formidable currents to encounter, and if he be successful in landing on the nearest point to that from which he started the flood and ebb tides which run alternately up and down Channel necessitate a journey at least double the simple distance as the crow flies. To avoid these currents as much as possible, Capt. Webb had waited for the neap tides, when the currents run a shorter time, and have between such change intervals of slack water, during which the swimmer can make a straight course across. Capt. Webb started with the half ebb, which carried him down Channel, but his splendid sweeping and methodical breast stroke enabled him to make good headway, his course being S.S. by E.

The pace of starting averaged 26 strokes to the minute. Capt. Webb was accompanied by the lugger *Ann*, of Dover, and two rowing boats. The persons with the expedition all told, including the swimmer, were fifteen, namely: Capt. Matthew Webb (the hero of the day), Mr. G. H. Ward (cousin of the swimmer), an expert diver named Baker, George Toms (captain of the lugger), John Dodd (mate), and five men, namely, Bowles, Jell, Gates, Decent, and Stanley; five representatives of the Press, namely, Mr. J. Bavington Jones (editor of *The Dover Express*), representing *The Daily Telegraph*; Mr. Warman (reporter of *The Dover Chronicle*), representing *The Times*; Mr. A. G. Payne (of *Land and Water*), representing the London *Standard*; Mr. Wilkinson (of *The Field*), representing *The Daily News*; and Mr. Bell, a talented artist, representing *The Illustrated London News* and *The Sporting and Dramatic News*. Mr. A. G. Payne and Mr. H. F. Wilkinson, being members of the Ilex

S.C., were deputed to see that the feat was carried out in a *bona-fide* manner; and the diver, Baker, was to render service if it should be necessary. One row boat kept constantly in front of the swimmer to direct his course and supply refreshments; and in the bow of this, for the whole of the 21¾ hours, sat Mr. Ward, to watch his kinsman and attend to his wants. After dark, one of the referees was continually in one of the row boats, and Mr. Wilkinson was there all the time from nightfall till the land was reached. The other boat was used to communicate between the watch-boat and the lugger. The ebb current at the start carried Webb as far down Channel as Lydden Spout, but meanwhile his powerful and methodical stroke had enabled him to propel himself nearly two miles in a direct line from the land. At 1.45 slack water commenced, and Webb being still fresh, he was able with this advantage to increase the direct distance between himself and the shore rapidly. His strokes now averaged 22 per minute, and that speed he continued regularly for several hours. At 2.30 a little rain fell, but it speedily passed off, and a quarter of an hour later the swimmer took his first refreshment, consisting of a small cup of ale. He took no solid food whatever while in the water, the only nutriment given him being coffee, ale, brandy, a little cod-liver oil, and beef-tea. At three o'clock the flood tide began to be felt, drifting him north-east, although he always kept his face direct to the opposite coast. At 3.25 it was estimated that Webb was four miles from land, and the sea was then as smooth as a pond. Another small cup of ale was handed to him at 3.40. At four o'clock the flood tide had brought the Captain back again abreast the point at which he started, and in the three hours it was reckoned that he had made a direct advance towards the opposite shore of four miles and a half. A thick haze at this time almost hid the heights at Dover, but the weather was warm and calm, and the sea perfectly smooth. When Webb had been at his task three hours and a half, one of the referees inquired how he felt, and he replied, "All right," whereupon the party in the lugger gave a ringing hurrah. The course continued to be influenced by the flood tide, and at five o'clock the bearings taken were: The Castle N.W. by N., and the South Foreland N.W. At half-past five, Webb reported himself to be getting on capitally, and he drank a small quantity of beef tea. Half an hour later he was told that one-third of the journey was accomplished, and he then took some beer and beef tea. That nutriment seemed to stimulate him, and for some time it taxed the powers of the rowers in the lugger to keep pace with him. After a stiff pull, the lugger came alongside of him, and those on board gave three cheers. The captain responded with the remark that he was doing well. At six o'clock we were a mile outside the South Sands Head lightship, and at that point a large screw steamship, the *Ville de Malacca*, passed uncomfortably close. The swimmer was watched from the poop with astonishment, but our hail was not answered. Soon after sunset the South Foreland light appeared, bearing N.N.W. by N. At half-past seven, Webb was spoken to again, and again he reported himself all right. At 7.45 a referee went into the row boat. The light at Cape Grisnez became visible at 8.30, and it was then estimated that Webb was ten miles distant from the South Foreland light. The swimmer now took some warm coffee, and was reported to be as well as when he started. About nine o'clock we were puzzled by the appearance of numerous lights in the north-west, and we at last came to the conclusion that it was the fireworks at Deal Regatta.

Things went on well till 9.30, when Webb called out that he had been stung on the shoulder by a jelly-fish, and he asked for some brandy. At that time there was a perceptible weakening of his stroke, and it was feared that eight hours and a half in the water and the chilly air of the evening were beginning to tell upon him. A few minutes later, however, he shouted that he was all right and that he felt no more of the sting. The tide had been slack for some

time, and now turned towards the south-west. At that time the swimmer's position was, as nearly as possible, in a line between Deal and Calais, about mid-Channel. Nothing worthy of note occurred up to eleven o'clock, when, on taking the bearings, it was reported that we were eight miles from Cape Grisnez, nine from Calais, and twelve and a half from the South Foreland. The prospects of success were then considered very hopeful, and the probability was discussed of the task being finished in fourteen hours. In fact, a message was sent to Webb that if he could hold out four hours more he might expect to go ashore towards Cape Grisnez. He was much encouraged, and took some more hot coffee. At 11.50 the Calais mail steamer, *Maid of Kent,* came out of her course within hail. The people on board cheered heartily, and Captain Dane reckoned that Webb was then 13½ miles from the nearest English land. At the turn of midnight the breeze freshened, and the course continued as before, directed towards Cape Grisnez, but changed by the drift to the south-west. From 1 a.m. till 3 no noteworthy incidents occurred, except that about two o'clock the flood tide again affected the swimmer, and he began to shape his course, it was hoped, for the projecting land about Cape Grisnez. At that time the reports were not reassuring. The pilot, Toms, was called upon to consult with Webb, and the referee reported that he was getting weaker. The diver prepared himself and took his seat in the row boat ready for any emergency. Meanwhile a good dose of old brandy was administered, Webb called out "All right," and the diver dressed again.

Between three and four o'clock the hopes of touching the Cape began to fade, for the light seemed to recede. A breeze sprang up in the east, and a ripple appeared on the water. The swimmer's progress was slow. Dawn appeared at four o'clock, when we lost sight of the Cape Grisnez light altogether. We had indulged the hope that daylight would show Webb some land to cheer him; but for the next hour after dawn there was no more sign of land than if we had been in mid-ocean. A voice from the rowing-boat requested the skipper to get some hot bricks ready, which seemed ominous of failure. Probably the drowsy feeling that is generally felt towards dawn had affected the gallant captain. At any rate, at this time things looked rather gloomy. Some hot strong coffee was administered, and shortly afterwards the sun rose bright and warm. These cheering influences brought about a better state of things. Webb seemed to take heart, and shortly afterwards, at half-past five, high land loomed through the mist. This land proved to be a bold point to the west of the seaside village of Sangatte. Webb was much gladdened on seeing it, and struck out bravely in that direction. The tide, however, was carrying us to the north-east, and land seemed to get no nearer. At 6 a.m. the high land was left behind, and the village of Sangatte appeared right ahead. The brave fellow took some beef tea and coffee, and made another vigorous attempt to gain the point; but a stiff breeze had arisen, and both wind and tide drove us towards Calais. An hour of weary watching followed, while Webb fought hard to make progress towards land. But the tide and wind were too strong, and Sangatte dropped away from us on our starboard. A waste of sand stretching right up to Calais then became the land ahead. It was now 7.30, and Webb had been in the water 18½ hours. He was evidently thoroughly fagged, and much distressed by the waves beating in his face. The diver again got ready, and jumped in, swimming side by side with Webb for awhile. The captain took some coffee, and the occupants of the lugger and boat gave him three hearty cheers, which encouraged him. There now appeared to be a chance of touching the sandy shore about three miles from Calais, and the coveted goal looked only about a mile distant. The breeze increased, and the lugger had to tack to avoid running away from the swimmer. In passing him at eight o'clock, he seemed dreadfully distressed, and the contrary wind and tide were

buffeting him sorely. The point at which he was aiming seemed to drop away to the south, while the tide driving him towards Calais Sands left him apparently as far from shore as he was half an hour earlier. There is no doubt the flatness of the land was deceptive, for what was reported as a mile at 8.45 occupied nearly two hours in reaching.

How those two hours were spent it is hardly possible adequately to describe; but they were two hours of the greatest anxiety to those who were watching the efforts of the gallant swimmer, and of perfect torture to Webb, whose pale and haggard face told of thorough exhaustion; but his indomitable pluck would not allow him to give up with the prize so near; in fact, he assured his cousin, who was anxiously watching him, that he would stick at it as long as he could "wag a toe." As he grew weaker, the wind and tide became stronger, and still he held on with the most marvellous perseverance, although the seas were breaking over him and obstructing his movements towards land. At 9.30 a large row-boat, belonging to the Calais steamer, with Captain Dane on board, came out; the crew heartily applauded Webb, and, what was more valuable, they rowed on the weather side and saved the seas from breaking over him. At this time, Baker, the diver, who had for some time been sitting in a rowing boat with a rug over him, dived in and swam for a time alongside Webb, but finding the sea very rough he returned to the boat. Up to the last the excitement was most painful; for even when Webb was within 200 yards of the shore it was feared his strength would not hold out to reach it. In strict accordance with the arrangements, no one assisted him in the least; but every means were used to give him heart. On approaching the shore, soundings were called out rather more favourable than the facts warranted. English and French alike cheered almost constantly, and, as a last encouragement, the rowers pushed down their long oars to show that they could touch the bottom. The excitement increased to the close, and when at last Webb did touch ground, the men in the boats around him jumped into the water and fairly hugged him with delight. The news of his approach had spread in the town, and a crowd ran down to the shore to welcome him, while a carriage stood on the margin of the water ready to drive him to his hotel. On landing he was very weak, but, as the boatman expressed it, "jolly in his talk" up to the end. He was enveloped in wraps, and driven to the Hotel de Paris, where, after being well rubbed down, he drank three or four glasses of old port wine. He went to bed immediately, and slept soundly. There were several medical men ready to volunteer assistance at the hotel, but their services were not needed. On making enquiries before leaving by the boat, I was told that Capt. Webb was sleeping.

Both in Dover and in Calais the success of the captain's feat has created great excitement, as nine out of ten of those who knew anything about the sea felt confident that he could not succeed. There is no question but that, had he started earlier, he would have accomplished his task much easier, as he would have avoided the bad weather at the close; while if he had left later he must have failed, for now a strong wind and a nasty sea prevailed in the Channel on our return in the steamer *Foam*.

Prince Edward and Prince Albert of Wales, the two eldest sons of the Prince and Princess of Wales, who have always been anxious to encourage their children in all manly sports and exercises, have now been taught to swim.

The young Princes had received some instruction, but until this season had made little progress.

On going to the Solent this year, they were placed in charge of ex-Chief Petty Officer Maunder, who has acted as swimming instructor to various members of the Royal Family, and, being apt and plucky pupils, the young Princes soon became proficient in the art.

THE CHANNEL SWIM.

MORE FUTILE ATTEMPTS.

A sudden change in the weather conditions occurred during the early hours of Thursday morning last, and the morning broke so fine and promising that, contrary to their original decisions, four candidates for the channel swim determined to attempt to emulate Captain Webb's performance on the thirtieth anniversary of his achievement. The quartette comprised Miss Kellermann, the Australian; Horace Mew, of the Shanklin Rowing Club; T. W. Burgess, the Yorkshire amateur; and Montague Holbein, the last of whom is making his sixth attempt to get from shore to shore. The other three candidates who started in the early morning all failed. Time had to be sacrificed in getting the parties together, and in each case a valuable part of the flood-tide was lost. This, together with a fresh south-westerly breeze, proved disastrous.

Miss Kellermann, who wore a black silk costume, and entered the water from the end of the Admiralty Pier at 6.30, made a remarkably fine swim. She used her double trudgeon stroke, and got away from the coast very fast, making an eastward drift which set her up off the South Foreland before she took the turn on the ebb tide, which was at 8.30.

At the end of the next two hours splendid progress had been made, she being a good five miles off the English coast, in a direct line of course. Shortly before noon Miss Kellermann suffered a good deal from sickness, and this continued throughout the sixth hour, but the plucky lady stuck steadily to her task, and when the Varne buoy, 6½ miles out from Dover, was reached at 12.30, she was given a hearty cheer. The sickness, however, continued, and its bad effects caused her to give up, after swimming six hours and five minutes. Miss Kellermann was not in any way exhausted, the sea sickness alone accounting for her failure. She intends to make another attempt next summer.

Horace Mew entered the sea from the end of the Admiralty Pier at 7.8 a.m. He was the only swimmer who, like Captain Webb, did not have the service of a tug, being followed by a lugger in charge of three boatmen. He swam very powerfully, and made excellent progress, but had no protection for the eyes, the result being that he suffered a good deal of pain.

At noon Mew was seven miles across Channel from Dover, having made splendid progress. The ebb tide had drifted him down Channel to a position off Shakespeare Cliff. The water became much rougher as the sands were approached, whilst the ebb tide was much stronger, and was obviously driving Mew a great deal quicker to the west than it was Miss Kellermann. As he approached the centre of the Varne shoal the water was in a regular turmoil, and frequently broke right over his head.

Under such conditions there was no chance of success. It was decided that it was both useless and dangerous to continue the swim under such adverse conditions, and at 1.30 Mew entered his boat entirely unassisted. When Mew left the water he had swum eleven miles across and drifted about eighteen. He is determined to make another attempt under more favourable conditions during the next neaps in a fortnight's time.

Although Pilot McKeen's advice was against a start being made, Burgess decided to make the attempt. The tug *Scotia* left the Prince of Wales Pier with Burgess and his party, and reached St. Margaret's Bay just before eight o'clock. Burgess entered the water there at 8.5. He had a big fight to successfully weather the Goodwins lightship, and prevent being carried to the back of the sands. This took it out of him a good deal, and he suffered badly from headache and symptoms of seasickness. The wind was fairly fresh, and there was a broken sea. At three o'clock he was seven miles on his course to France, and had drifted about six miles. Burgess was not at all satisfied with the course he was making, the tide having shot him to the west of the Varne buoy, and twice within the next half-hour he discussed the position anxiously, and had the chart handed out to him to examine. After

another half an hour's swimming, during which very poor progress was made, Burgess requested the experts accompanying him to carefully go into the matter. The position was decidedly bad, and, considering success hopeless, he decided to come out, and start again to-morrow from Grisnez. Burgess had swum nine miles from his starting-point, and, with the drift, had covered eleven miles. He had been in the water eight hours and five minutes.

Montague Holbein had a big send-off from the Prince of Wales Pier at 3.15 on the tug *Florida*, which proceeded to Lydden Spout, three miles west of Dover. There he was rowed ashore, and in the presence of quite a large number of people entered the water at 3.53 p.m. He wore a shield fitted with goggles, which nearly covered his head. The start was made an hour before high water, and after two hours and twenty minutes Dover Admiralty Pier bore N ½ W, 3½ miles west of the swimmer, who had therefore been making excellent progress. He was considered by experts to be in a most favourable position for the accomplishment of the swim, but his efforts proved fruitless, for, after traversing sixteen miles, Holbein was compelled to abandon his task at twenty minutes past eleven.

* * *

Another Fine Effort by Burgess.

Once again has Burgess started on his attempt to swim the Channel, and recent failures have only made him the more determined. The tug *Scotia*, with his party on board, left the Prince of Wales Pier about 5.30 on Saturday morning last, and Mrs. Burgess, who saw her husband off, kissed her hand and called out, "Willie, be careful of the Varne," the place dreaded by all swimmers on the way down to Lydden Spout. On the way to Lyddon Spout, Burgess was bright and cheerful, and on being asked if he felt fit he replied, "Perfectly fit." A fresh wind was blowing, and a little top was on the water, but nothing to interfere with the swimmer. In proceeding from the tug to the starting-point it was ascertained that the temperature of the water was 63 deg., and that of the air 65 deg. These facts greatly pleased Burgess, who seemed very confident and determined. On stepping ashore the swimmer stripped, and was smeared with lard, while his mask and goggles were affixed. These preliminaries being completed, Burgess waded into the water at 6.10. He went away with his famous side-stroke, 24 to the minute, rather slower than usual. On reaching the tug, which was a quarter of a mile out, Burgess got under the lee, and settled down to his work. The flood tide at once set him gradually to the eastward, and by eight o'clock he was off the Admiralty Pier, and making fine headway. Two hours later he caught a good drift, which took him rapidly towards St. Margaret's, being about 6½ miles from the shore. From nine o'clock the wind was inclined to freshen, and by eleven o'clock it was blowing hard, the sea becoming choppy. The flood continued, and took Burgess towards Walmer. The wind increased considerably, and, the ebb setting in, a lot of broken water was caused, but Burgess was still swimming grandly. At one o'clock he was considered to be in an excellent position, but with the sea increasing the outlook was not at all promising. The westward drift did not bring him down Channel much, the tide being held up by the heavy wind. From this time things grew gradually worse, the sea becoming very rough, and at two o'clock the waves were breaking over the swimmer, while those on the tug were also being swamped. At three o'clock a consultation was held, and Burgess was told it was no good going on. He replied, however, he should keep going; but, on being told it was not safe, he decided to come out, although keenly disappointed. He was in a very fit condition when he boarded the tug unassisted. He was about 11 or 12 miles off St. Margaret's when he finished, having been in the water nine hours. The tug then returned to Dover, large seas continually breaking over her. At the entrance to the pier a large crowd had gathered, and loudly cheered Burgess as, accompanied by his wife and mother, he walked back to his hotel.

Burgess has decided to make yet another attempt this season.

Superstitions in Sport.

* * *

THE superstitions of sport are numerous, too numerous, indeed, to permit more than a small percentage to be included in the present article. What wielder of the driver and putter has not met the opponent, not the scratch player, perhaps, but the man with the 14 handicap, who is not profoundly miserable when he takes the first hole—an omen of bad import? What follower of the national Summer game has not met the man who refuses to go to the wickets wearing a garment that is new? This last superstition recalls the fact that Mr. G. L. Wilson, the prominent Sussex cricketer of the early nineties, has to put up with considerable chaff on the Antipodean cricket grounds he plays on to-day, solely in respect of the ragged state of his cricket boots, which he refuses to discard, because they are the identical pair he wore when he received his "blue," and played for Oxford against Cambridge. That the number 13 should be regarded as unsatisfactory for a motor-car to be registered under, goes without saying. Indeed, at Southampton recently, the ill-omened numeral had to be cancelled, for although the owner of the car so registered, a local practitioner, had not the least objection to urge against it, his patients most decidedly had, with the result that nowadays the number representing the baker's dozen is as difficult to discover on a Southampton motor-car as it is on the cabin door of an Atlantic liner. There are, of course, certain motor men who can afford to laugh to scorn such superstitions. These people, it is perhaps unnecessary to mention, are the lucky few who have found a perforated stone, usually a sea-rolled flint with a natural bore, and have hung the same on their vehicle. This mascot is most potent and fully as efficacious in preventing accidents as the pieces of wood that so many French motorists secured from the tree that brought about the death of the unfortunate automobilists, the Fairs, some time ago, a tree that has well-nigh disappeared under the attack of the penknives of those enthusiasts who hold the belief "what kills cures."

It is odd that the agent of so calamitous an incident should be regarded as a luck-bearer, in view of the fact that so many football teams have their equanimity altogether upset in the event of their meeting, on the way to a fixture, so common an object of the streets as a funeral *cortége*, but it is none the less true that when a stranger dies in an Italian hotel there is always great competition to secure the ticket corresponding to the number of his room at the next lottery. "Beaten at Brighton, can't lose at Lord's," is a well-recognised 'Varsity axiom in respect to cricket, and one that is different from the generality of superstitions, insomuch as it begets confidence, which the majority of sayings of a like nature do not. The superstitions of cricketers are without end. To have your photograph taken just before your innings is to court a duck's egg; while to wear your pads for some time before going in will assuredly bring about the same result. Mr. Spofforth used to account for his most infrequent off days by saying that he had seen a cross-eyed woman, while a Yorkshire county cricketer of the early seventies, Tom Darnton, of Stockton, when journeying to Sheffield on one occasion met a woman who

squinted, and forthwith retraced his steps, fully assured that it was useless for him to take further part in the match. Mr. C. I. Thornton, the greatest of sloggers, when at Eton had a superstition that to hit the third ball of an over was running in the face of Providence; while the Australian cricketers who came over with the early teams thought that they would jeopardise the whole tour if they did not put up at the same hostelry, on their arrival in London, as the famous team of 1882 stayed at, wear the same colours, and take their early practice on the same playing area, Mitcham Green. In the course of the Gentlemen *v.* Players match at the Oval last summer, Mr. W. L. Murdoch was observed to invoke a very powerful cricketing fetish by pressing the ball tightly in his hands and throwing it up to the bowler in a peculiar manner, which had as its effect the speedy downfall of the predominant partner in a somewhat lengthy stand. Had the rite failed, doubtless the genial Anglo-Australian would have fallen back upon the old-fashioned charm of singing a batsman out. The subdued chorus, or rather humming, that goes on when this charm is resorted to, is very different from the powerful chorus to which a certain Devonshire football team gives utterance before entering upon a fixture. Whether the lusty rendering of the well-known strains of "Sweet Chiming Bells" is calculated to fill the hearts of their opponents with trepidation, or their own lungs with oxygen, is not known, but the general results have been so far satisfactory that the fifteen never go into the field without exercising their vocal chords in the manner specified.

In days of yore it was an article of football faith that the club that beat the Wolverhampton Wanderers in the early rounds would win the Association Challenge Cup. Of late years this superstition has received a series of knockdown blows, though it must be admitted that on a few occasions it almost appeared as if it would be verified. In 1899, for instance, Derby County beat the Wanderers in the second round and were themselves beaten in the final; in 1900 the superstition altogether went astray, the Wanderers' conquerors being themselves beaten in the second round; in 1901 Sheffield United beat the Midlanders in the third round, and suffered defeat in the final; 1902's results repeated those of 1900 with the Bolton Wanderers substituted for the Derby team; in 1903 the superstition was verified to the letter—Bury defeated the Wanderers in the first round and won the final tie, while last year Derby County beat the "Wolves" in the second round and was beaten in the semi-final. A new superstition is rapidly gaining weight in respect to semi-final Cup-ties played on the Everton ground at Goodison Park, Liverpool, inasmuch as three times in succession the club which has occupied the home team's dressing-room for the match has returned to the pavilion defeated. The next team assigned to these rooms will probably dress in the passage, for footballers are almost as superstitious as yachtsmen, as can be gathered from the fact that in days of yore the enthusiastic followers of the fortunes of Manchester City felt assured that defeat awaited their *protégés* whenever they travelled to their venue in the same saloon. Just as the gambler at Monte Carlo recognises that the proximity of dwarfs, hunchbacks, and other deformed persons is calculated to bring him luck, so does the yachtsman place reliance in a variety of fetishes altogether foreign to the sea. Never was an owner more richly endowed with potent mascots than Sir Thomas Lipton when he essayed to lift the Cup with Shamrock III. Rabbits' tails, horseshoes, four-leaved shamrocks, and hares' feet were showered upon him, together with an Irish terrier, a racoon, and a couple of green parrots; indeed, only two things were lacking to ensure success. In the first place, the builder is believed to have overlooked the very necessary ceremony that comprises the throwing of luck coins into the fin keel before the molten lead was run in, and in the second he failed to consult the astrologists as to the hour when it would be safe to launch

the vessel. As a matter of fact, Shamrock III. was launched on St. Patrick's Day, which was satisfactory as far as it went, but, unfortunately, as the prophets did not fail to point out before the race began, the moon, who governs things aquatic, was, on the day in question, cruising about in the middle of Scorpio "and in close proximity with the evil South Scale"—absolutely the most unpropitious position in the Zodiac that she could have occupied. Sir Thomas, it is understood, is searching for a new design for Shamrock IV.; obviously the first step he should take is to provide himself with a reliable astrologer to lay down the lines of a few cup-winning horoscopes.

Amongst the many interesting items in connection with the forthcoming Electrical Exhibition, which opens next month at Olympia, is the complete loan exhibit of the General Post Office, which was displayed at the recent St. Louis Exposition. This contains a comprehensive display of the growth of the Electric Telegraph from its earliest infancy, and it will be the first occasion that such a collection has been exhibited in this country.

The Exhibition is under the direct patronage of the Institution of Electrical Engineers, and Sir W. H. Preece is the President of the Committee, while among the Vice-Presidents appear such prominent personages in the electrical world as—The Rt. Hon. Lord Alverstone, G.C.M.G., Lord Chief Justice of England; Col. R. E. Crompton, C.B., R.E., M.I.C.E., M.I.E.E.; Prof. J. A. Fleming, M.A., D.Sc., F.R.S., M.I.E.E., Professor of Electrical Engineering in University College, London; Prof. G. Carey Foster, LL.D., D.Sc., F.R.S.; John Gavey, C.B., M.I.C.E., M.I.E.E., Engineer-in-Chief, G.P.O.; Col. H. C. L. Holden, R.A., F.R.S., M.I.E.E.; Prof. A. B. W. Kennedy, M.I.C.E., F.R.S.; Sir Henry C. Mance, LL.D., C.I.E., M.I.C.E., M.I.E.E.; G. Marconi, M.I.E.E.; Sydney Morse, A.I.E.E.; Sir J. Denison Pender, K.C.M.G.; Prof. John Perry, M.E., D.Sc., LL.D., F.R.S., M.I.E.E., A.M.I.C.E.; Sir David Salomons, Bart., M.A., M.I.E.E.; C. E. Spagnoletti, M.I.C.E., M.I.E.E.; Chas. P. Sparks, M.I.C.E., M.I.E.E.; Dr. W. E. Sumpner, D.Sc., M.I.E.E.; Sir Joseph W. Swan, M.A., D.Sc., F.R.S., Hon. M.I.E.E.; George H. Verity, etc.

We understand that the space at Olympia has nearly all been taken up, and the Exhibition is already an assured success both technically and financially.

Mrs. Shenk, the fasting lady, who has just been exhibiting herself in a glass cage in Vienna, has lived for twenty-three days on sixty bottles of mineral water.

Crowds came to see her sitting in her glass box at the Prater. She occupied her time in studying the part of Marie Stuart in Schiller's play, for she is by profession an actress, and only fasts as a holiday recreation.

When she left the cage her voice was stronger and her step more elastic. She made a hearty supper of veal, trout, and beer. She will repeat her fasting feat in another month.

How I have Benefited from Physical Culture.

By R. NISBET.

PHYSICAL Culture a few years ago was nothing more to me than a name. I had heard a great deal about it, how it helped to improve the health, etc., but I had never given it a trial. However, one day, after reading in SANDOW'S MAGAZINE a brief article on Physical Culture, I made up my mind, just for curiosity, to have a try at it. I bought a developer, and commenced to exercise straight away. To tell the truth, I didn't think I would keep at it for any length of time, because I thought it would soon get monotonous, but, thanks to my curiosity, I am exercising yet, and I find it the very opposite.

No one but Physical Culturists know what a grand thing exercise is. The effect it has upon the body has to be felt before it can be believed.

By the aid of Physical Culture I have developed muscle, not all at once, but gradually my strength has increased, and I can assure you, at the present time, I have my body in the pink of condition. My health is also excellent.

If people would take more interest in their body, give themselves plenty of exercise, find out their weak points, the food to avoid, etc., there would be less trouble and more happiness in many homes. Since I started to study books on diet, anatomy, etc., I have learned something which will be beneficial to me as long as I live. I have my body under full control, and can exercise myself to my own requirements.

I am a great believer in deep breathing exercises, and I think, for maintaining the health of the stomach, the liver, and other abdominal organs they are of special benefit. As a preventative for consumption and all chest complaints deep breathing is rapidly coming to the front. I also think Sandow's grip dumbbells are excellent for developing the muscles and giving tone to the whole system.

When I felt myself fit for harder training I bought a pair, and used them with the chest-expander, and I can honestly say I derived great benefit from them alone. They compel the user to put his will power into the exercise, and that is the main point in Physical Culture.

Some people think because they are in good health they need no exercise, but that is where they make a big mistake. I am in the best of health myself, but bear in mind I do not neglect my body. I exercise from twenty minutes to half an hour daily, and find that sufficient to keep myself in trim.

My advice to anyone who has not yet gone in for Physical Culture is to do so without delay. If you wish to have a healthy body, a healthy mind, and live a life of happiness, Physical Culture should be your goal. I have improved my physique, strengthened my vital power, my mind and body, by exercise, therefore I can recommend it with confidence.

Exercise is the stepping-stone to a sound constitution. I know that from experience. I don't profess to be a Hercules, but, all the same, I am quite pleased with my development. My motto is, "Health before strength," because, without the former, life is but a burden.

Safeguarding Health in our Large Towns.

By H. H. SMITH.

THERE is certainly no great need to emphasise the fact that there is a vast difference in health between the individual whose life is spent in a town and the one who dwells in the country. If we place, for the purposes of comparison, an agricultural labourer side by side with an average business man, we notice, in several physical particulars, such as general bearing, complexion, and build, strongly marked differences between them. One is the embodiment of ruddy health, the other, a mere suggestion of it. Surely, then, when such disparity exists between the two types, the question of safeguarding the health of our town-dwellers demands careful attention.

The subject, upon investigation, will be found to resolve itself into two divisions. There are the safeguards to be adopted by the individual, and those to be adopted by our local authorities.

Dealing first with the individual, let us examine the causes in town-life, which produce the general low standard of health so prevalent amongst our citizens. We can best get at these by comparing the mode of living followed by our two types: the countryman and the townsman. Upon enquiry we find the methods followed by the former tend naturally towards the preservation of health, whilst the latter, allowing himself largely to be led by the circumstances of his environment, follows a contrary method and finds, as a consequence, a deterioration in his health. The countryman enjoys, as part of his daily life, an abundance of fresh air, plenty of vigorous exercise, and plain, wholesome and nourishing food. Fresh air purifies the blood, and keeps in sound working order the whole functions of the vital organs. Vigorous exercise tones up the muscles and rids the body of cumulative impurities, whilst simple foods supply the necessary stamina and strengthen the whole constitution.

On the other hand, the average town-dweller, either from lack of opportunities, or from disinclination, fails to look upon exercise as a necessity, for his living is obtained by sedentary occupation. This has the natural consequence of producing a flaccid physical system and a body clogged with impurities. The air in our large towns is far short of the standard of purity obtainable in the country, therefore the vitality point must necessarily be low. It is difficult, too, in towns to obtain absolutely fresh and uncontaminated food, whilst the tendency exists to feed largely on specially-prepared mixtures, which produce a maximum of waste with a minimum of nourishment. Neither must we forget the hurry and lack of proper rest which predominate largely in the lives of our citizens.

It is the duty, therefore, of the individual whose lot it is to dwell in a large town, to be on his guard against those evils which make inroads on the system, reducing it to a condition of ill-health. Although always handicapped by the conditions of town-life, there are yet available opportunities of counteracting these influences, which can be utilised with great benefit. In the first place, much can be done by recognising the value of fresh air, allowing it to percolate our dwellings and workshops,

combined with a knowledge of the principles of correct breathing. Secondly, there are the various outdoor sports, as cycling, swimming, cricket, football, etc., which should, where possible, be indulged in for the sake of the physical system, and the change accorded to body and mind by the often-accompanying trip out of town. Where, for any reason, these are not within reach, immense benefit may be derived from the simple pursuit of walking. Hundreds of business men would enter a new phase of existence if they walked more instead of resorting so much to trams and omnibuses. A reasonable amount of time devoted to the preservation of health is never wasted. We also have various simple but effective means to health in the shape of systems of physical culture embodying the use of dumb-bells or other apparatus at home, and the observance of easy but effective rules with regard to hygiene generally. Finally, an increase of health is invariably accompanied by a sensible appreciation of the value of plain foods and regular meals rather than rich dishes and hurried snacks.

Turning our attention now to the authorities in our large towns, we find that with them lies a huge responsibility in fighting against the unhealthy conditions of city life and safeguarding the health of the inhabitants. It is not sufficient that there should be hospitals and infirmaries for the cure of the sick. A great need is felt for institutions for the prevention of disease. Every large town should be efficiently equipped with cheap swimming baths and open-air spaces fitted with gymnasiums. How often do we hear regret expressed at the inadequacy of the latter or the insufficient provision for adults! London has shown us what can be done in the matter of open-air swimming ponds, and the teaching of the art should undoubtedly be made compulsory in every school in the Kingdom. The need for more public cricket-pitches, football, hockey, and tennis grounds is still felt in many large centres, whilst incentives to pursue these pastimes, if needed, should be produced by the offering of prizes by those employers and benevolent persons who have at heart the welfare of the workers' health.

All open-air spaces, squares, and parks should be jealously preserved, for apart from such places forming delightful recreation grounds, an abundance of trees in a town purifies the air. Thus are parks and gardens the veritable lungs of a city.

Every attempt made to purify the air is a step towards ameliorating unhealthy conditions. Our town authorities have the power in their hands to abolish crowded and insanitary dwellings and to see that new houses, schools, and workshops are built with due regard to a maximum of light and ventilation. Further, every effort should be made to eradicate, in our large manufacturing centres, that great polluter—the smoke nuisance.

The best means of bringing home to people the value of health is by teaching them thorough principles when at school. Children must be taught the elementary rules of health, cleanliness, and exercise, and these lessons must be inculcated in schools which should themselves be models of hygienic construction. To beget, in a child, a whole-hearted desire for a sound and healthy body, is to produce a life-long blessing. Matters of feeding, too, in these days when so much rubbish is used in the shape of tinned goods, and when parents display so much lamentable ignorance with regard to the nurturing of their offspring, need strict supervision by those whose duty consists in inspecting the supplies of food consumed in our towns.

Surely, when we think of how good health increases a man's efficiency in the industrial market, and bear in mind that "the life of the individual is the life of the nation," does it not forcibly come home to us, how important it is that these safeguards of health should be adopted by individuals and local authorities? It is in those places where the bulk of our population reside, and where health is most threatened, that the utmost care must be exercised, and those places are —our large industrial centres.

—— Sporting Notes. ——

Rowing.

A well-known member of the Boulogne Rowing Club, M. Georges Adams, has accomplished the feat of rowing across the Channel from Boulogne to Folkestone in a regatta skiff. The voyage occupied 8 hours 20 minutes, the start being made at 11.35 in the morning, and Folkestone being reached at 7.55 p.m. The mail-boat course is 29 miles, and, allowing for drift, it is estimated that Mr. Adams covered 35 miles. He was accompanied by friends in a motor-boat, on which he returned to Boulogne.

* * *

The 130th annual Richmond Watermen's Royal Regatta takes place on Wednesday next, September 6, under the most distinguished patronage of the Duke of Teck, the Duke of Fife, Hon. Rupert Guinness, Earl of Dysart, Sir J. Whittaker Ellis, Bart., J.P., Sir Max Waechter (Deputy Lieut. of Surrey), Alderman Sir T. Skewes-Cox, the Mayor of Richmond (Alderman Sir J. Szlumper, J.P.), Viscount Hayashi, Sir Frederick Cook, Lord Charles Beresford, Sir C. Rugge-Price, Bt., J.P., Gen. Sir H. Thuillier, G.S.I., and others.

* * *

The chief events are : Open Challenge Fours, open to the world; races for watermen's apprentices, for Freedom of the Thames; single sculling race for *bona-fide* watermen's apprentices (open to the Thames); double sculling skiff race for watermen's sons; junior senior watermen's double sculling race; tradesmen's double sculling skiff race (open to tradesmen from Teddington to Kew); single and double punting races for watermen and apprentices; swimming races, etc. The managers are Messrs. A. Sullivan, T. Young, and T. Beare, and the treasurer and secretary, Mr. A. Sullivan.

* * *

ROWING FIXTURES.

SEPTEMBER.

6—130th Richmond Watermen's Regatta.

* * *

Wrestling.

Jacob Koch writes as follows :—

"Six weeks ago I came to England with the single desire of meeting Hackenschmidt, to prove that mine is the just claim to the world's championship, not his. By every other means open to me, I have defied Hackenschmidt to meet me, depositing cash by way of proving my good faith, and offering to agree to any reasonable terms that he should suggest. I have met with no response whatever from this so-called champion, and now I must return to Germany in fulfilment of pressing engagements. Five weeks' idleness in the meantime is quite enough, but my last word is that if Hackenschmidt will give me the least excuse to return I am willing to meet him at any time and practically on any terms to settle the question as to which of us is the better man. I wish to enter a vigorous protest against the conditions which at present prevail in the way of wrestling. I hold three indubitable world's championships, dating 1902, 1904, and 1905. It seems to me that I am good enough for any man to consider, but I am ignored, while

Hackenschmidt—this self-styled champion—nightly engages in contests which, of course, are exhibition bouts. I ask you to print this letter, and so help a manly sport. Finally, I offer to pay the sum of two hundred and fifty pounds to Georges Hackenschmidt if he can defeat me. I do not ask him to deposit one penny against this sum, and, furthermore, I will give fifty pounds to any person who can procure Hackenschmidt to meet me in a wrestling match, Græco-Roman style. But such negotiations must be absolutely serious, and beyond any doubt whatsoever as to their good faith. It seems to me that Hackenschmidt or any other would-be champion should give these words most careful consideration before daring to describe himself as a world's champion."

* * *

An account of the wrestling competition at the annual Grasmere sports will be found on another page.

* * *

At Springfield Park, Wigan, on Saturday last, a match was decided, the veteran Lancashire wrestler, Tom Connors, essaying the task of throwing Jim Foster, of Pemberton, twice in 40 mins. or losing the contest. The stake at issue was £40. After wrestling 18 mins., Foster got behind. Connors failed to throw his man, and Foster won.

* * *

At the Hippodrome, West Derby-road, Liverpool, on August 19th, before a very large attendance, a match in the catch-as-catch-can style took place between Georges Hackenschmidt and John Pederson (Copenhagen), the stakes at issue being £150. The Dane, who was only known by reputation in Liverpool, is 13 st. 12 lb. in weight, and stands about 5 ft. 11 in. high. Hackenschmidt's weight was announced as under 15 st., but he looked much heavier. From the outset Pederson proved himself a wrestler of more than average merit, and his clever defensive tactics quite gained the approval of the audience. Although only occasionally taking up the offensive, the Dane was causing Hackenschmidt a lot of trouble, and not until 19 mins. 2 secs. had elapsed was the champion able to pin his opponent down, Pederson being loudly cheered for his plucky efforts.

* * *

Tom Jenkins has issued the following challenge:—

"I am anxious to make a match in the catch-as-catch-can style with Jacobus Koch, Madrali, Cherpillod, Tom McInerney, or any British wrestler, for £100 a-side or more, and send herewith £50 as deposit. As to Hackenschmidt, although he defeated me fairly and squarely in my own style in New York last May, it took him half an hour's hard wrestling to gain a fall, and I am confident that if we ever meet again under catch-as-catch-can rules I can reverse the result. However, anxious as I am for another chance with the big Russian, I shall be content for the time being to take on any of the men I have mentioned, or any other men of reputation on your side whose names have escaped my memory. When I have rendered a good account of myself with these men I shall look to the British public to assist me in forcing Hackenschmidt into another match with me."

* * *

Peter Gotz's manager states that Neilsen can have a match for any amount up to a "pony," Gotz to scale 10 st. 11 lb. and Neilsen 11 st. 4lb. Therefore, if the Dane makes a deposit, it will receive prompt attention.

* * *

Athletics and Cycling.

At the Brighton and County Harriers' Sports on August 19th G. E. Larner succeeded in reducing the three and four miles record of W. J. Sturgess of 21 mins. 14 secs. and 28 mins. 24 4-5 secs. respectively. Larner is the present champion, and, walking with scrupulous fairness, he did the three miles in 20 mins. 25 4-5 secs. and the four miles in 27 mins. 14 secs.

* * *

Seven riders competed in the 100 miles race for the "Carwardine" Gold Cup

at the Crystal Palace on August 19th, the most notable starter being Leon Meredith, the world's amateur long-distance champion. For some days he had been suffering from a bad cold; but, nevertheless, with his usual pluck, he turned out to take part in the race. He held two shares in the much-coveted trophy—the second of its kind—and it only required one more victory for him to make the handsome prize his own property.

* * *

This he successfully accomplished, going away at the start and improving his lead mile by mile to the finish. True, he had no dangerous opponents, but the case might have been different had G. A. Olley figured in the race, in which, by the way, he also held two shares. J. Draper, of the Anerley, rode a good second, but he at no time gave any uneasiness to the champion, who finished up the "century" in his proverbially fresh and speedy manner.

* * *

Meredith's time for the distance was 3 hrs. 58 mins. 37 2-5 secs., and he won by over three miles from Draper, whose time was 4 hrs. 7 mins. 23 1-5 secs. H. W. Hosier, as third man, also rode very gamely throughout, finishing about four miles further behind; while A. V. Roe, of the Putney A.C., and W. Webster, of the Paddington C.C., were called to a halt when the first three had ridden the full distance.

It is said that there will be a new cup offered for competition again next year by the Anerley B.C., who have successfully organised the race for some years past.

* *

FIXTURES.

SEPTEMBER.

7—Finchley H. Evening Meeting, at Paddington.

* * *

Miscellaneous.

POLO FIXTURES.

SEPTEMBER.

4—All Ireland Subalterns' Cup.
4—North Wilts (Chippenham).
4—Crystal Palace, Ladies' Nomination.
5-8—Hurlingham, Inter-Regimental Tournament.
6—Eden Park, County Cup and Dewar Cup.
11—Stratford-on-Avon, Challenge Cup.
11-29—Ostend, Series of Tournaments.
12-15—Hurlingham, County Cup.
17-22—Hurlingham, Final Handicap Tournament.
24—Blackmore Vale, Junior Counties Championship.
24—Warwickshire Tournament.
31—Rugby Tournament.

* * *

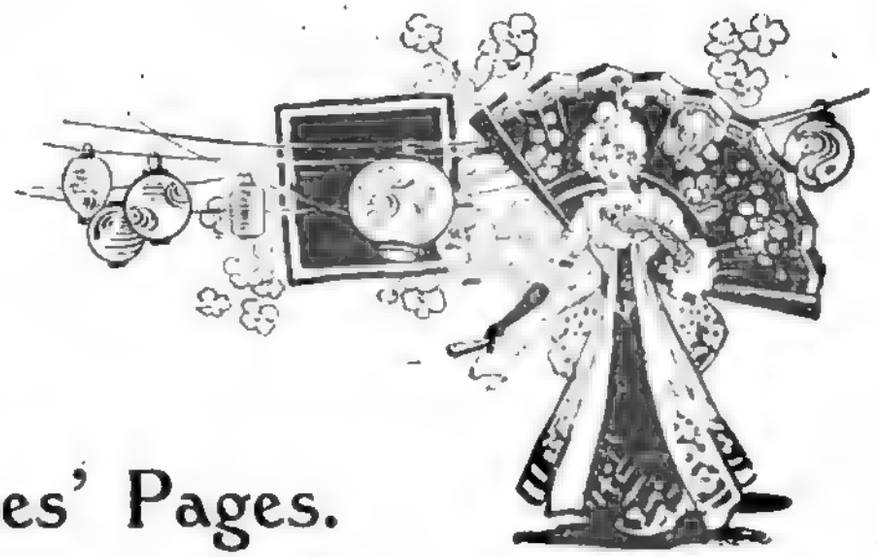
GOLF FIXTURES.

SEPTEMBER.

1, etc.—Royal and Ancient, St. Andrew's; Queen Victoria Jubilee Vase.
2—Royal North Devon.
2—West Lancashire Autumn Meeting.
2-4—Royal Portrush Ladies' September Meeting.
5—International Foursome, 36 holes, at St. Anne's.
7—Tantallon Autumn Meeting.
9—International Foursome, 36 holes, at Deal.
20—"News of the World" Prizes, Midland Qualifying Competition, at King's Norton.
22, 23—Redhill and Reigate Autumn Meeting.
23—Hanger Hill Open Amateur Competition.
27—Royal and Ancient, St. Andrew's, Medal Day.
28-30—"Evening Times" Trophy, at Barasie.
29—Beckenham Autumn Meeting.
29-30—Bushey Hall Open Amateur Meeting.
29-30—Hanger Hill Autumn Meeting.
30—Ealing Autumn Meeting.
30—Hesketh (Southport) Autumn Meeting.

OCTOBER.

3-5—"News of the World" Prizes, Final Competition at Walton Heath.
4-5—Hunstanton Autumn Meeting.
4-6—Royal Liverpool Autumn Meeting.



Our Ladies' Pages.

At a conference of teachers of the Cleveland (U.S.A.) Physical Training Institute a number of important subjects were discussed. "Athletics for Girls" was the subject of a paper read by Miss Rachel Kennedy, director of the girls' work, Central High School. She said: "Aside from the question of mere bodily development, we must acknowledge the vital need for girls of the broadening influence of sport, the powers to meet the contingencies of competition with fairness and to form by contact with her fellows a certain mental poise."

* * *

In a paper on "Games in Elementary Grades," Miss Charlotte Norton suggested that it is a good plan to start in the lower grades to have the boys and girls play together, to help to do away with the shyness they seem to feel in the upper grades when they are asked to march with each other.

* * *

Miss Louise Wright, in discussing "Departmental Work in Elementary Grades" said that departmental education, in its future development, promises a means or a stepping stone to real individual education.

The physical examination of pupils, especially high school pupils, at the beginning of the school year, was practically decided upon. The subject of examinations was discussed after the remarks of Charles I. Freeman, Central High School, on that subject. The teachers present were practically agreed that examinations ought to be made primarily for the benefit of the pupil, and not merely for statistical purposes, and that the examinations should be reduced to the minimum. It was the sentiment of the majority, also, that the pupils should be stripped for the examination, to assist in the discovery of spinal defects and organic trouble. For the training of defective children the teachers recommended that a specialist be employed.

* * *

Contests between girls were discussed, and it was resolved "That it is the sentiment of the physical training teachers that interscholastic contests between girls are not desirable at the present time in the Cleveland Public Schools."

* * *

Upholding the qualities of the girl who favours exercise and plays games, Edith

Thompson, Editress of "The Hockey Field," in replying to "Rita," in *Cassell's Magazine*, says that of course the blatantly athletic woman is most objectionable, as all blatant specimens of any type must be, and she is naturally disliked not only by men, but even more by her own sex, who feel that they are in danger of being tarred with the same brush.

* * *

The assumption that because girls play games they are no use in the house and can neither sew, cook, nor look after children, is absurd. At the most the average girl never devotes more than two afternoons a week to her favourite game, while so far from being unable to "alter a seam of her blouse," nearly everyone who plays hockey most certainly makes her own hockey blouses, and more often than not her skirt, and most of her ordinary clothes as well.

* * *

It is most unjust to say that girls who take up games do nothing else, and it can be proved beyond question that the majority of the members of the leading golf and hockey clubs are drawn from just that portion of the community which does most work.

* * *

The moral results of the present system of education on the modern girl are just as satisfactory as the physical. Her outlook on life is becoming as sane and as wide as that of her father and brothers, and her code of honour quite as high. She no longer gossips and talks scandal, and if when alone with her chosen friends she may be heard playing her round of golf again, rather than discussing her chances of attracting the attention of the most eligible young man of her acquaintance, the former topic is surely the more wholesome.

* * *

As a rule, she is better educated and altogether more intellectual than her less active sisters. So far from "knowing nothing of the beauty of literature or art," she probably knows a great deal about both, for the girl who is keenest on outdoor games is she who has taken to them first at some large school, and has gone on to college as determined to take a good degree as to win a place in a college team. Quite half the total number of lady hockey-players are drawn either from the ranks of the school mistresses and lecturers or from the actual students themselves, while a large percentage of the members of the big town clubs are Art or Music students, from the studios and colleges.

* * *

This can be proved beyond a doubt, and shows that the athletic girl, far from being all muscle and no brain, is on the contrary usually extremely cultivated and highly intellectual.

* * *

Whatever a girl does it seems inevitable that she should be laughed at, and she must learn to expect this. A few years ago she was called a "Bluestocking" for her devotion to learning, next an "empty-headed, overdressed doll," and now she is "a creature of iron muscles, of waistless symmetry, of biceps and ungainliness." Should she turn her energies to cooking and domesticity she becomes a "mere household drudge."

* * *

Perhaps the strongest evidence against the contention that men do not like athletic women is the gaps in the ranks of the various games clubs each year caused by the retirement of those who have recently married. In the hockey world this is particularly noticeable, for many players give up the game on their marriage, and each autumn club and county teams have to lament the loss of some valuable player who has changed her name since the spring.

* * *

Miss K. V. Johnstone, of Brecon Lodge, St. Leonards, recently swam from Hastings to the St. Leonards Pier in half an hour against the tide and in a choppy sea.

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application :—

Applications for Patents August 8th-12th, 1905:—

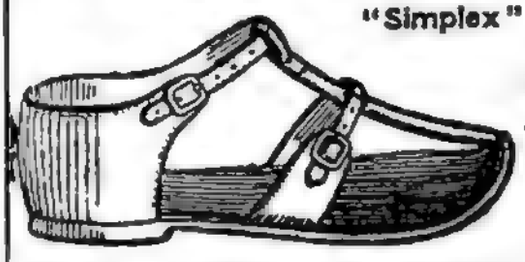
16119 R. Hansen, Paris. Device for releasing a number of animals at the same time.
16136 W. J. C. Downey, London. Back sights of rifles.
16207 E. Cohn, Hamburg. Ball gloves. (Complete Specification.)
16271 J. A. L. Nixon, Dundee. Golf balls.
16299 A. E. Prosser, London. Tennis and other rackets.
16331 T. Hopkins, Swansea. Billiard recording clock.
16378 G. Leue, London. Device for catching and shooting appliances. Ante-dated. (Complete Specification.)
16387 H. H. Lake, London (S.K. von Erseghy & Firm Handelsgesselschaft Kleinberg & Co., Austria). Aiming devices. (Complete Specification.)

Specifications Published August 17th, 1905:—

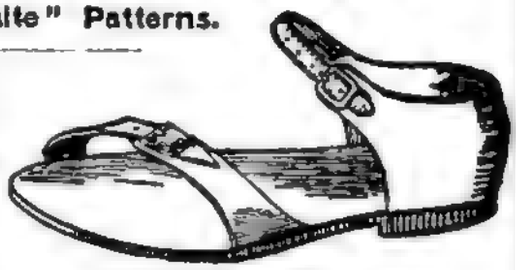
17410 of 1904 Auto-Electric Rifle and Target Co., Ltd., London. (Automatic Target Machine Co., New York). Target apparatus or the like where no projectile is used.
20654 of 1904 J. Gorst, Chester. Combined horizontal disappearing and running targets for rifle shooting.
3354 of 1905 F. M. Clease, London. Apparatus for promoting muscular or physical development.
5819 of 1905 S. Williams, Oswestry. Laceless football.
11509 of 1905 Burroughs and Watts, Ltd., and J. S. Burroughs. Holders for billiard chalks, cigars and the like for attachment to billiard tables, etc.

SANDALS IN BROWN CALF

"Simplex" and "Starnthwaite" Patterns.



We are prepared to execute Orders for the above at the following Prices. Post free.



"Starnthwaite" Pattern.

"Starnthwaite," with straps from front of Sandal.

Sizes ...	2-5	6-9	10-12	13-2	3 & 4	Youths' 3-7	Women's Men's 5-10
	5/6	6/6	7/6	8/3	8/7	8/10	9/10
Stronger	7/9	8/9	10/3	11/7	11/10	12/10	
Cashmere ...			9 3	9/10	9/10	10/10	
Do. stronger			11/3	12/4	12/10	13/10	

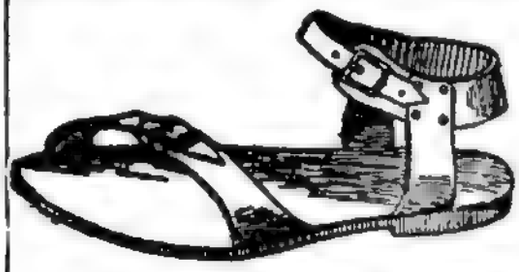
If in Black Calf, 1/- pair extra Toe-Caps 1/- pair extra.
Straps from front of Sandal or between the toes, 1/- pair.

"CINDERELLA" PATTERN.

Specially recommended for Children and Sea-side wear.

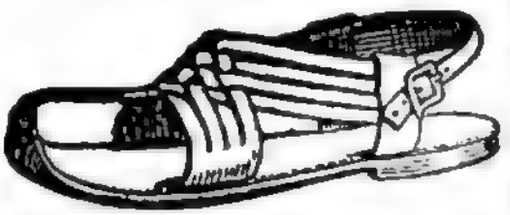
Sizes ..	2-5	6-9	10-12	13-2	3 & 4	Youths' 3-7	Women's Men's 5-10
	4/3	4/9	5/6	6/6	7/4	7/10	8/4

If in Black Calf, 6d. extra per pair.
Straps from front of Sandal, 6d. per pair.
The lighter ones and the "Cinderella" pattern lined with wool, felt or leather, as preferred. Measurements required: a carefully drawn outline of each foot and size of boot worn.



"Simplex" and "Cinderella" Patterns.

Special Note.—All Sandals supplied by us are guaranteed to be of the very best quality and workmanship combined.



"Cashmere" Pattern.

All Orders, with Remittances, should be addressed—

MANAGER, "Sandow's Magazine," 131 Temple Chambers, Temple Avenue, London, E.C.

And Editorial Chat.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

F. G. BERRY (LONGTON).—You need not be discouraged. There is plenty of time for success, but you must persevere, and remember the adage, "Try, try, try again."

S. C. TAYLOR (CROYDON). — Twenty minutes' conscientious exercise daily is ample. It is always advisable not to attempt too much at starting, for there is always the possibility of overdoing it.

R. C. DAWSON (PENRITH).—Write to my postal instruction department at Basinghall-street, setting out full particulars. Your case requires far more attention than I can afford space here.

G. W. COLLINS (HARROGATE).—Swimming is undoubtedly a very fine exercise, if carried out under proper conditions, and not to excess. Like every branch of exercise, it is possible to have too much of a good thing.

A. DAVIS (ISLEWORTH).—Have you read my book, "Strength, and how to obtain it"? Why not take a course of instruction by post?

YOUR BOOKSHELF IS NOT COMPLETE AND NEVER WILL BE WITHOUT

Vol. XV.

OF

SANDOW'S MAGAZINE

OF PHYSICAL CULTURE, SPORT, AND FICTION,

WHICH HAS JUST COMMENCED.

So procure from any Local Bookseller, Railway Stall, or Manager, 131, Temple Chambers, E.C.

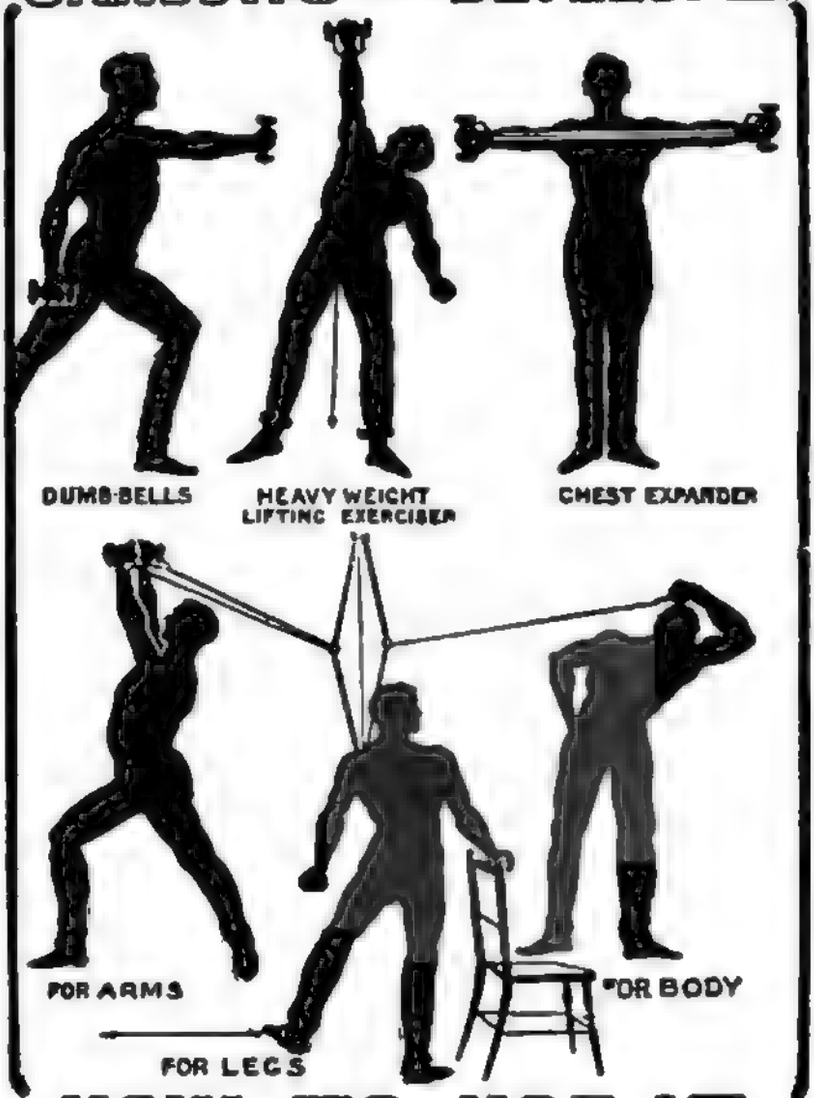
The Most Perfect . .

Athletic Outfit

IN EXISTENCE.

One Machine will serve a whole family, Man, Woman or Child.

SANDOW'S OWN COMBINED DEVELOPER



HOW TO USE IT

ONE PRICE

12/6

ONLY.

May be obtained from all Athletic Dealers throughout the world, or sent direct on receipt of price, from

Sandow Developer Co., 17 & 18 BASINGHALL STREET, LONDON, E.C.

President Roosevelt on Sport.

SPEAKING at Harvard University recently, the President of the United States dwelt at some length on the value of an athletic training.

"I believe heartily in sport," he said. "I believe in outdoor games, and I do not mind in the least that they are rough games, or that those who take part in them are occasionally injured. I have no sympathy whatever with the overwrought sentimentality which would keep a young man in cotton wool, and I have a hearty contempt for him if he counts a broken arm or collar bone as of serious consequence when balanced against the chance of showing that he possesses hardihood, physical address and courage. But when these injuries are inflicted by others, either wantonly or of set design, we are confronted by the question, not of damage to one's body, but of damage to the other man's character. Brutality in playing a game should awaken the heartiest and most plainly shown contempt for the player guilty of it, especially if this brutality is coupled with a low cunning in committing it without getting caught by the umpire. I hope to see both graduate and undergraduate opinion come to scorn such a man as one guilty of base and dishonourable action, who has no place in the regard of gallant and upright men.

"It is a bad thing for any college man to grow to regard sport as the serious business of life. It is a bad thing to permit sensationalism and hysteria to shape the development of our sports. And finally it is a much worse thing to permit college sport to become in any shape or way tainted by professionalism, or by so much as the slightest suspicion of money making; and this is especially true if the professionalism is furtive, if the boy or man violates the spirit of the rule while striving to keep within the letter.

"Professional sport is all right in its way. I am glad to say that among my friends I number professional boxers and wrestlers, oarsmen and base-ball men, whose regard I value, and whom in turn I regard as thoroughly good citizens. But the college undergraduate who, in furtive fashion, becomes a semi-professional is an unmitigated curse, and that not alone to university life and to the cause of amateur sport; for the college graduate ought, in after years, to take the lead in putting the business morality of this country on a proper plane, and cannot do it if in his own college career his code of conduct has been warped and twisted. Moreover, the spirit which puts so excessive a value upon his work as to produce this semi-professional it itself unhealthy.

"I wish to see Harvard win a reasonable proportion of the contests in which it enters, and I should be heartily ashamed of every Harvard athlete who did not spend every ounce in him in the effort to win, provided only he does it in honourable and manly fashion. But I think our effort should be to minimise rather than to increase that kind of love of athletics which manifests itself, not in joining in the athletic sports, but in crowding by tens of thousands to see other people indulge in them. It is a far better thing for our colleges to have the average student interested in some form of athletics than to have them all gather in a mass to see other people do their athletics for them."

Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION.

COUPON FOR SEPTEMBER.

Name of Competitor .....

Address .....

MEASUREMENTS.

Age	Upper Arm L. .....
Height	Fore Arm L. .....
Weight	Hips .....
Chest Contracted	Thigh R. .....
Chest Expanded	Calf R. .....
Waist	Thigh L. .....
Upper Arm R.	Calf L. .....
Fore Arm R.	Ankle .....
	Neck .....

We hereby certify that the above measurements are correct. (Signed),

Name ..... *Name* .....

.....

.....

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.

Sandow's Sports Bureau Coupon.

With a view to providing a medium whereby readers of his Magazine may obtain the best advice in the selection of various sporting implements, Mr. Sandow has secured the co-operation of experts in various branches of sport, whose opinions will be given free of all cost.

To the **Expert Department, Sandow's Magazine,**
131 Temple Chambers, E.C.

Please give your advice and particulars as to price, etc., of Articles mentioned below.

Name .....

Address .....

Requirements:—

ABSOLUTE HEALTH

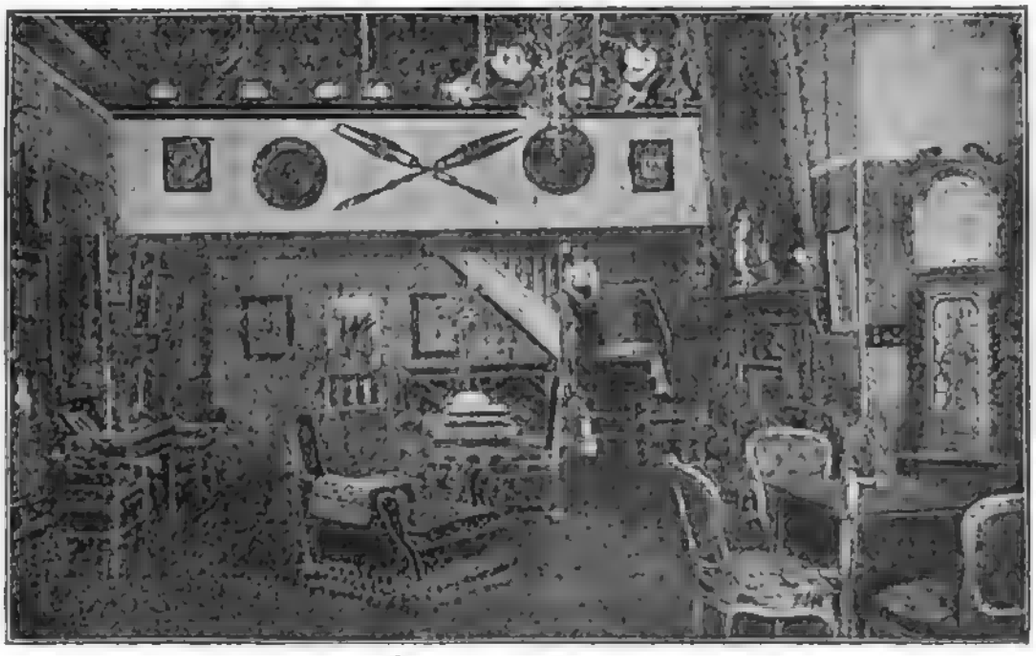
CAN BE OBTAINED THROUGH

Sandow's World-Renowned System of Physical Culture

AT HIS SCHOOLS:

32a St. James' Street, S.W.;
115a Ebury Street, S.W.;
Brook House, Walbrook, E.C.;
16 Colquitt Street, Liverpool.

Inspection Invited.



RECEPTION ROOM, ST. JAMES' STREET.

SPECIALITIES:—Reduction of Obesity; Improvement of Digestion; Functional Weakness of the Heart; Lung Weakness; Nervous Debility; Lateral Curvature and General Development, &c., &c.

ALSO PRIVATE TUITION AT HOME.

Instructors sent out. Pupils prepared for Army, Navy and Insurance.

FACIAL BLEMISHES

Which have hitherto been considered incurable can be cured by

Mrs. ADA S. BALLIN.

❋

Superfluous Hair.
Ugly Eyebrows.
Moles.
Red Nose.
Vein Marks.
Acne, or Pimples.

❋

❋

Birthmarks.
Port Wine Stain.
Mouse Marks.
Falling of the Hair.
Premature Greyness.
Bad Complexions.

❋

For all these and other defects consult **Mrs. BALLIN,** who, during the fourteen years she has been in practice, has successfully treated upwards of **Twelve Thousand Men, Women and Children.**

The *Daily Mail* says of Mrs. ADA S. BALLIN:—

"So universal is the desire for beauty that the profession of beauty doctor has lately been invaded by impostors of supreme audacity and dangerous practice. But though many are false, there are some in whom one may put one's trust.

"**The high priestess** of beauty resides in the neighbourhood of Portman Square. Her house is the resort of great numbers of ladies who seek her professional advice and assistance. Here comes the young lady of title who wishes to be presented at Court, but whose uncomely arms she is naturally ashamed of exposing to public view. Here comes the lady trembling on the threshold of the 'old maid' age, who ascribes her ill-luck to an ugly 'port-wine' stain disfiguring her right cheek. Here comes the charming widow whose first experience of matrimony has encouraged her to a second trial, and who wishes to improve her chance by the erasure of premature wrinkles. Here, also, come the little governess, the typewriter-girl, the milliner's assistant, and the shop-girl, who know the value of good looks in a business career, and who have put aside some of their earnings for a visit to the beauty doctor. Here, also, come numbers of men, for it is not the fair sex only who believe in the power of good looks. Men have their little vanities, even though they talk about them less than their sisters. But it is not vanity alone which brings a man here. He can hardly be accused even of that amiable vice if he is the victim of a large wart at the tip of his nose, or if he is hindered, perhaps in temperance work, by a nose as red as Bardolph's, and without that worthy's excuse."

Full Particulars Gratis and Post Free.

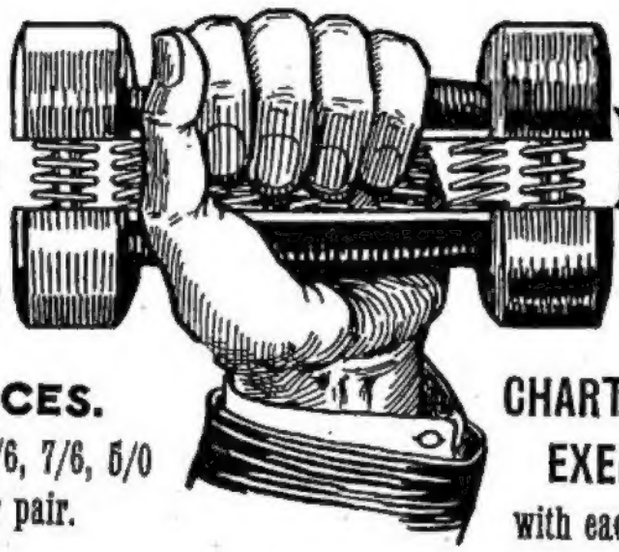
Specimen copies of Mrs. Ballin's Magazines—*Womanhood,* Monthly, 6d.; *Baby: The Mothers' Magazine,* Monthly, 4d.; and *Playtime,* Monthly, 1d.—will be forwarded on application, enclosing three penny stamps for postage.

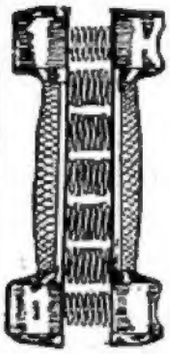
Address—18, Somerset Street, Portman Square.

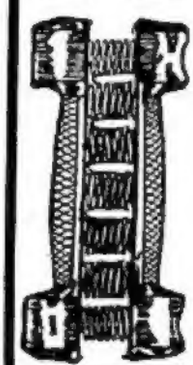
SANDOW'S SPRING GRIP DUMB BELLS

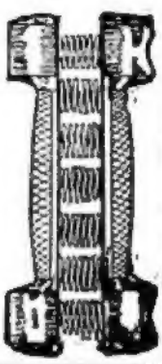
FOR MEN & BOYS.

FOR LADIES & GIRLS.









PRICES.

12/6, 10/6, 7/6, 5/0 per pair.

CHART OF EXERCISES with each pair.

THIS APPLIANCE IS VERY SIMPLE, and cannot go out of order. It consists of a Dumb-bell made in two halves, separated about 1 inch from one another, the intervening space being occupied by small steel springs, which may be of any strength, and easily removable to vary the resistance.

When exercising, the springs are compressed by gripping the Bells, and bringing the two halves close together, in which position they are kept until the exercise is over. They are suitable for all ages.

The pupil who possesses these Bells will find that instead of having to be continually buying heavier Dumb-bells, **One Pair will suffice him for all time.** All that it will be necessary for him to do will be to purchase, at a small expense, new springs from time to time. All pupils are advised to use the **"Grip" Dumb-Bell,** upon the merits of which I need not enlarge.

I have always taught that muscle is developed **by will-power,** not by mechanical movement, and the simple principle of this latest invention is, by calling forth a **continual Exercise of will-power, to obtain results impossible with any previous Dumb-Bell.**

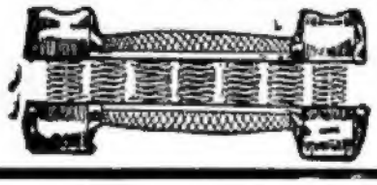
Yours faithfully,

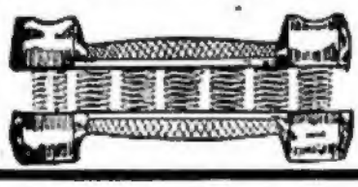
EUGEN SANDOW.

The Dumb-bells can be had from Athletic Outfitters, Sporting Goods Dealers, and Our Agents throughout the World, as well as direct from The

Sandow's Grip Dumb-bell Co.,

SANDOW HALL, SAVOY STREET, LONDON, W.C.





AMUSEMENTS.

THEATRES.

ADELPHI—At 8, "Under which King?" Mat. Wed. at 2.30.

APOLLO—At 8-15, "Veronique." Mat. every Wed. at 2.

AVENUE—Every evening at 8-15. Mr. Charles Hawtrey in "The Message from Mars."

CAMDEN, N.W.—Every evening at 7-30, A First class Company. Mats., Wed. and Sat. at 2.

COURT—Vedrenne-Barker Season—at 8-15. Mat. Wed. at 2-30.

COMEDY.—Every evening at 9, William Collier in "The Dictator" (from America). At 8-30, "The Philosopher in the Apple Orchard." Mat. Sat. at 3.

CRITERION—Every evening at 9, "What Pamela Wanted." At 8-30, "That Eastern Anomaly." Mat. Sat. at 3.

DALY'S—Every evening at 8, "The Little Michus." Mat. Sat. at 2-30.

DRURY LANE—Henry Irving and Company in "The Merchant of Venice," at 8. Mat. Sat at 2-30.

DUKE OF YORK'S—Miss Ellen Terry and Miss Irene Vanbrugh in "Alice Sit-by-the-Fire," by J. M. Barrie. Preceded by "Pantaloon." Mat. Sat. at 2-30.

GARRICK—At 8-30, Mr. Arthur Bourchier and Miss Violet Vanbrugh in "The Walls of Jericho." Mat. Wed. and Sat. at 2-30.

GRAND, Islington—At 7-30. A West-End Company.

HAYMARKET THEATRE—At 8.20, "The Cabinet Minister." Mat. Wed. and Sat. at 2.30.

HIS MAJESTY'S—Mr. Tree—Every evening at 8-30, "Business is Business." Mat. Wed. and Sat. at 2-30.

IMPERIAL—Mr. Lewis Waller in "Monsieur Beaucaire." Mat. Wed. and Sat. at 2.

LYRIC—Mr. Martin Harvey's season opens. Mat. Wed. and Sat.

MARLBOROUGH, Holloway—At 7-30. A West-End Company.

NEW—At 8-15, "Leah Kleschna." Mat. Wed. and Sat. at 2-30.

PRINCE OF WALES'—At 8-15, "Lady Madcap," a new musical play. Mat. Wed. at 2-15.

ROYAL OPERA, COVENT GARDEN—Opera Season.

SAVOY—Miss Maxine Elliott in "Her Own Way," at 8-30. Mat. Wed. 2-30.

SHAFTESBURY—Every evening at 8, Miss Tita Brand's Company in "Renaissance."

ST. JAMES'S—Mr. George Alexander—At 8-30, "The Man of the Moment." Mat. Wed. and Sat. at 2-15.

VAUDEVILLE—At 8-15. "The Catch of the Season." Mat. Wed. and Sat. at 2-15.

WALDORF—Duse in "Magda," &c., at 8-30, and Grand Opera. Mat. Wed. at 2-30.

WYNDHAM'S—Every evening at 8-45. "Mr. Hopkinson," a farce by R. C. Carton. Mat. Wed. and Sat. at 3-0.

VARIETY THEATRES.

ALHAMBRA—At 7-45, Grand Varieties. New Ballet Divertissement, "My Lady Nicotine." Up-to-date Pictures on the Urban Bioscope. Manager, Mr. George Scott.

COLISEUM—Four performances daily, at 12, 3, 6, and 9. Seats in all parts numbered and reserved. Prices from 2 guineas to 6d. Mr. Oswald Stoll, managing director.

EMPIRE—Varieties, the Biograph, &c. Doors, 7-45. Manager, Mr. H. J. Hitchins.

LONDON HIPPODROME—Daily, at 2 and 8 p.m. An entertainment of unexampled brilliance. Managing Director, Mr. H. E. Moss.

LYCEUM—Every Evening at 7-45. Mat. Wed. at 2-30. Managing director, Mr. Thomas Barrasford.

OXFORD—Varieties. Always a good Company. Doors, 7-25. Sat. Mat. at 2-30. Manager, Mr. Albert Gilmer.

PALACE—At 7-45. The Finest Variety Entertainment in London. Manager, Mr. Alfred Butt.

PAVILION—Varieties. The coolest and best ventilated theatre in the world. Doors, 7-30. Sat. Mat. at 2-15. Mr. Frank Glenister, Manager.

TIVOLI—Varieties. A Galaxy of Stars. Doors, 7-30. Sat. Mat. at 2-15.

CONCERTS.

NATIONAL SUNDAY LEAGUE—Every Sunday Evening, at 7, Grand Concerts at Queen's Hall and Alhambra. Secretary, Henry Mills, 34, Red Lion Square, W.C.

ENTERTAINMENTS, &c.

CRYSTAL PALACE—Great Somali Animal Camp. Native Warriors with their Wives and Families. The most complete Village ever brought to this country; displays, 2-30, 4-30 6-30. Cafe Chantant 4-30 and 8-30. Military Band and numerous other attractions.

EARL'S COURT—Naval, Shipping, and Fisheries Exhibition. Innumerable attractions. Open noon to 11 p.m.

ST. GEORGE'S HALL—Daily at 3 and 8. England's New Home of Mystery. Manager, J. N. Maskelyne.

HENGLER'S ROYAL ITALIAN CIRCUS, Oxford Circus, W.—Largest animal circus extant. Daily 3 and 8.

Digitized by Google

SANDOW'S
MAGAZINE AND PUBLISHING CO.

EXERCISES for the HAND and ARM.

FOR PIANISTS.
FOR THE CURE OF WRITER'S CRAMP.
FOR PARALYSIS AND NERVOUS DISEASES OF THE HAND AND MUSCLES OF THE FOREARM.

Post Free, 1/2.

Sandow's Strength: And how to obtain it.

THIRD EDITION.

	s.	d.
With Anatomical Chart showing the Exercises for Physical Development of Men, Women and Children. Mr. SANDOW has thoroughly *Revised* and brought up to date the present editions and has also added much additional matter, including chapters on "Physical Culture for Women" and "Physical Culture for the Middle Aged" ... ... Post Free...	2	9
The Anatomical Chart can be obtained separately from the book 1/1 or mounted on linen ... ... Post Free...	1	7

BOXING: The modern system of Glove Fighting.

By Captain EDGWORTH JOHNSTONE ... ... Post Free... 2 9

BODY BUILDING. (Just Published) Post Free... 1 3

HINTS FROM SANDOW.

(Revised Edition). By the Rev. R. L. BELLAMY ... ... Post Free... 1 2

"A book which points out in a most interesting way that health and strength of body go hand in hand with health and vigour of mind."—*Manchester Courier.*

THE ART OF BREATHING.

By SURGEON-CAPTAIN HOPER-DIXON, A.M.S. ... ... Post Free... 1 1

DEVELOPER. 12/6 each. One will serve a whole family.

GRIP DUMB-BELLS.

Children's ...	5/- per pair.	Youths' ...	10/6 per pair.
Boys' and Girls'	7/6 ,,	Ladies' ...	10/6 ,,
	Men's ...	12/6 per pair.	

Embrocation.
1/4½ per Bottle, Post Free.

Plasmon Cocoa.
Per Tin, 9d., 1/4, 2/6.

Symmetrion.
For Ladies, 12/6

Plasmon Chocolate.
Per lb., 3/-, 5/-.

All Orders executed by return of Post.

ADDRESS: MANAGER, SANDOW'S MAGAZINE CO.,

131 TEMPLE CHAMBERS, TEMPLE AVENUE,

LONDON, E.C.

"The Most Perfect Form of Cocoa."
Guy's Hospital Gazette.

Fry's Cocoa

.. PURE .. CONCENTRATED

FRY'S PURE CONCENTRATED COCOA—
"The Richest in flesh-forming and energy-producing constituents. There is no better food."—Dr. Andrew Wilson, F.R.S.E.

THE OLDEST HOUSE IN THE TRADE. *Estab. 1728.*

How to Live the Natural Life, and
The Natural Method of Healing.

BILZ NATURAL METHOD OF HEALING,

The Most Popular Work of this kind ever produced.

Contains 2,074 pages, 715 illustrations, 32 coloured plates, and 9 models of the human body and its parts, entirely adjustable.

Over 1,000,000 Copies Sold. The Natural Method of Healing strongly appeals to all who desire **Robust Manhood.** It gives an excellent treatise on the development of the muscular system, is free from technicalities, and gives full information How to Cure every Disease. It informs you how to become strong and healthy, and ought to be in the possession of every one who takes an interest in **Physical Culture.**

Messrs. G. J. HOWELL & COMPANY for a limited period will reduce the price of the above work from **30/-** to **20/-**, less **5/-** Discount for Cash with Order.

Amongst the numerous subscribers to the work may be mentioned—

H.M. The King.
H.M. The King of the Belgians.
H.M. The King of Greece.
H.M. The Empress of Germany.

SANDOW ORDER FORM.

Gentlemen,
Please send me one copy of Bilz **"The Natural Method of Healing."** *for which I enclose 15/- the full net cash price.*

Name.....
Occupation.....
Address.....

SANDOW ORDER FORM.

Gentlemen,
Please send one copy of Bilz **"The Natural Method of Healing."** *Herewith enclose 2/6 and will send 2/6 monthly until 20/- is paid.*

Name.....
Occupation.....
Address.....

G. J. HOWELL & CO., 32 Newgate Street, London, E.C.

Printed by THOMAS & BURCHELL, LTD., High Street, Poplar, and Published by the Proprietors at 131, Temple Chambers, London, E.C.

Digitized by Google